

The Flow of Consciousness

Part II

The final step is meditation:

Please practice the right kind of meditation



Tomekichi Taike / Kayo Shiokawa



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Please practice the right kind of meditation**

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Tomekichi Taike/Kayo Shiokawa

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The Flow of Consciousness Part II

Introduction

Summary of Introduction

The Flow of Consciousness – Continued is a practical guide for those seeking to deepen their understanding of the true world through correct meditation. Building on the foundation of The Flow of Consciousness, this volume emphasizes meditation as the path to awakening to the unseen, vibrational reality that lies beyond words.

The author urges readers to reflect sincerely and engage in meditative practice, as only through direct experience can concepts like love and joy be truly understood. Correct meditation allows one to perceive the true nature of existence—an internal world of energy and vibration rather than external appearances.

Drawn from over two decades of seminars, the book's message is clear: look within, understand the energy you emit, and rediscover your true self. For those who wish to live and die with purpose, this volume offers a heartfelt guide to the journey of self-realization.

Three years have passed since this book's first edition was published in 2007. With the publication of a revised edition of *The Flow of Consciousness Part I* in May of this year, I decided to also publish a revision of *The Flow of Consciousness Part II*, working together with Kayo Shiokawa.

This book summarizes the steps to take in order to find the world of truth within your heart. In other words, this book is a practice book for learning to meditate correctly. I advise you to read *The Flow of Consciousness Part I* first. Afterward, if you feel you would like to try it yourself, to earnestly and seriously reflect on your life, and to confront yourself, then I ask you to use this book for your practice. Our study is all about practicing yourself; that is all there is. You must understand the experience in your own heart, through your own personal experiences of your heart. Your existence and life are meant to be understood in your heart.

I have written everything that I hoped to communicate in this book, *The Flow of Consciousness Part I* and *Part II*. I hope you will read both parts thoroughly. It would make me happy if you are able to read them and understand the key messages that I hoped to convey. And for those who would like to read more, I suggest reading Kayo Shiokawa's *Sono Hito-Taïke Tomekichi*, published in October 2010. If you do so, I think it will help you better connect and understand the contents of *The Flow of Consciousness*.

I have already written everything I wanted to include in *The Flow of Consciousness Part I*. But I thought that perhaps I could expand on the world of truth from the point of meditation. For

Part II, I added the subtitle, “The final step is meditation. Please practice the right way of meditation.”

When we convey or speak our thoughts, we usually use words. One may argue that there is also telepathy, but the common method of communication is language or words. And with words, there exists a corresponding equivalent word that conveys the same meaning in every language; however, there is a limit for using words to communicate exactly what one means. There are even times when one is at a loss for words to express how one feels. For example, dictionary definitions of words like “love,” “kindness,” “warmth,” “happiness,” and “joy” are not exactly the same, as I would like to convey using these words. In order to understand this, you will have to take one step at a time. At the end of this process, your final step will be meditation. I wrote this part expressly for the purpose of communicating to you that the key to your study will be correct meditation.

If you are able to feel in your heart the world of truth, you will no longer need to use words. You will start to feel that we, in fact, radiate vibrations when we speak. And in your heart, you will be able to feel whether a vibration is bright or dark, violent or gentle. Perhaps the reason we sometimes feel the opposite of someone’s gentle words or attitude, or vice versa, is because there is something that cannot be camouflaged by words and attitude. This is the world that I have come to speak of as the world of vibrations. The world of vibration is invisible, but I speak of it as one that does exist. In fact, I have always stated that the invisible world is the true world, and that the visible world is its shadow. I have continued to tell people that the only way

to understand the world that we cannot see is to understand it with one's heart. I have been conducting seminars for the past twenty years with the sole purpose of having people learn what is real and true. Details of these seminars along with a synopsis are included to help you understand better.

It is very important to reflect on your own heart as stressed in the *The Flow of Consciousness Part I*. Through reflection of your heart, you will come to realize the true nature of the energy that moves you. You must be able to reflect on your heart and realize your true energy. Without it, you will not be able to see why you were born and why you currently exist. By not understanding and embracing these essential beliefs you will not know how to live your life or how to die. Finally, you will not be able to live your true life and to experience true joy and happiness, true love, gentleness, and warmth. I firmly believe that reflection of one's own heart, understanding the true nature of the energy that I emit, and getting to know the truth through correct meditation is what makes one's life a true one.

I'd be happy if I am able to communicate my thoughts through this book to people who have seriously asked themselves the following questions: "What is real? What is true?" and "What is the meaning of life?" I await in hope to reach even one additional person who is in search of these answers. I wish from my heart that you would keep *The Flow of Consciousness* always beside you as a guide and compass throughout your life.

Tomekichi Taike, November 2010

Chapter 1

I am Tomekichi Taike

Summary of Chapter 1

In this opening chapter, Tomekichi Taike introduces himself and presents the core message of the book: human beings are not physical bodies but eternal consciousness. Drawing on his seminar experience, he emphasizes that what truly matters lies beyond intellect or emotion—in the unseen world of the heart.

Taike critiques conventional literature for failing to convey this truth, as it treats humans as physical beings. In contrast, he urges a shift in perspective: to see ourselves not as bodies with hearts, but as consciousness itself.

He shares that this is his first incarnation in physical form—not to claim uniqueness, but to fulfill the role of conveying truth through the human experience. The chapter ends with questions about the purpose of life and the meaning of joy, inviting readers to begin their own journey into the world of consciousness.

This book is Part II of the book *The Flow of Consciousness*. For the past twenty years, I have held seminars primarily in Japan. What I had hoped to communicate through these seminars was the following:

1. People's true essence is consciousness or energy;
2. True essence of people cannot be seen;
3. We must turn our consciousnesses around by changing our belief from thinking of the visible world as real to believing in the invisible world.

Our time is eternal. Our time does not start when we are born and end when we die. It continues forever, continuing without severing. At the point at which we die, it simply continues. We are living as a particular physical identity at the moment for the time being.

This is what I want people to understand with their hearts, and this wish was why I held the seminars. As a product of the seminars, I was able to publish the first edition of *The Flow of Consciousness* in December 2004, with updated editions in December 2005 and May 2010. I hope that you are able to read the book to learn in more detail about the study and how it progressed. From this point on, I will continue as if the reader has already read Part I of this book. At the end, I will also recommend some good references for additional reading. If you decide to read these books, it should help you understand the study even more.

There are so many books in print, including those that are labeled as best-sellers and displayed at bookstores. However, I wonder if there is a single book among them that can clearly tell you what the truth is or what is true or real?

There are also books that may give you hope and strength. There are many well-written books that deeply affect people's hearts and seem to speak to the reader. At the moment that you read them, you may feel very emotionally moved and even cry, but after some time has passed, you are left wondering what you had been so emotional about. You know for certain that you related to the book and felt strongly moved; but after that, then what? Why is it that these feelings of being so emotionally moved never last? It is because these books are missing what reaches into our true existence, the core of us as people. But if so, then what are people's true identities? I have told people that the true identity of people is their hearts.

Such books may grab you emotionally because they may seem to raise questions, reveal something within their theme, but I feel that they fail to go deep enough to provide answers to our true identity. They fail to answer questions such as, "What does it mean to be human? What is true happiness and true joy? Why do we have pain and suffering?" and "Is there a connection between happiness and pain?" Even if the book's content describes well the human heart, it will not come to the same conclusion that I have come to, that the true identity of people is their heart. The reason that we come to different conclusions is because no matter which book you read,

every one starts with the fundamental belief that our true existence is our physical form, and then proceeds to define people based on this belief. These authors' definitions and introspection of people are merely their own observations of people from various angles with some added flavor, which is then composed into sentences. But this is all based upon believing that people's true existence is their physical, visible form. Undoubtedly, if you base your perspective on the belief that people are their physical selves, these authors' books do evoke emotion, and may even make one cry. They may even be recognized as exceptional works and be given an award. No matter how highly they are received, you can never learn about the truth of your existence through those books. This is because we humans are not our physical selves, but are really something that is not visible. Literature based on the understanding that people are their physical form may touch people's hearts or hold readers captive, but they will never reach a person's true heart in its true definition.

On the other hand, work that is written based on the foundation that the true essence of being human is not our physical identity will take time to really reach the depth of people's true hearts. I believe that work written with this belief as its foundation will eventually reach a person's heart and that when it does, it will leave a strong impression and stir strong emotions. This is because within ourselves, we know in our hearts what our true existence is.

Incidentally, I am emphasizing our heart as our heart. You might ask whether there is a difference between the two. And yes, I am

differentiating the definitions of the commonly used term “heart” with heart. I am going to discuss the difference between the two through a few questions. When you think of your heart, where do you imagine it to be located? I am sure that there are many people who believe that their heart exists in their head or inside their chest. However, what I am telling you is that your heart does not exist in your head or inside your chest. The heart that I am talking about is not like that.

It is not that there is an individual person that is you, and that this individual person has a heart inside. What I am saying is that the true form of your existence is your consciousness, or your heart. In other words, your identity is your heart itself.

From here on, I would like to reach and speak directly to your heart, your true existence, and not the heart you have in your head or your chest. It would be wonderful if you gained a better understanding of your heart through the process of reading this book. Please keep the following questions in mind as you read:

Where is one’s heart located?

What is the heart?

What is human existence?

What is the relationship between people and their hearts?

Why do people exist?

Why are we alive?

Why do people die?

It is my hope that while reading this book, you will find yourself nodding and agreeing, “That’s right. That’s exactly it.”

I do not state this as a prediction, but the world will become increasingly more chaotic from now and into the future. The crazed energy that has been hiding deep inside of people’s hearts will start to surface and take form through their actions. At the same time, we are coming into a time when huge natural disasters will happen wildly across the world. Many people will lose their lives within an instant. The scale of these events will be much bigger than such disasters that have happened already. Of course, Japan will not be exempt from these events. I imagine that natural disaster storms will occur throughout Japan, jeopardizing the country’s existence. Japan is known as an earthquake country. I leave the mechanics of earthquakes to the experts, but there is a part of earthquake mechanics and earthquake energy that even analysts are unable to decipher. This is because there is a reflection of the state of our consciousness in the earthquakes as well as in all nature and human phenomena. Unless one bases his understanding of these events on the world of consciousness, it becomes difficult to truly understand the mechanism of these phenomena. Eventually, even with people putting their heads together for a solution or praying for resolve, the physical world will crumble and dissolve. There will come a time when people will clearly understand this. We are in a flow of time when, sooner or later, each one of us will be asked in the depths of our hearts the question, What is our true existence as people? I have been calling this flow of events “the flow of consciousness.”

There has yet to come a time when we find the answer to why people continue to be reincarnated. In fact, we humans are the only living creatures that continue to reincarnate on this earth without ever realizing our true identity. I, myself, had also been ignorant of the truth until the middle of my life. I had lived for half a century without knowing anything about the truth. The journey of my life had not been a smooth path. But after experiencing many twists and turns and strange events within my own life and having already lived half of my life, I finally came to realize what the truth is. I already had a strong feeling of what the truth was, but at the time, I was still in the process of studying it myself. I believe that I can say that my life existed along with the seminars' progress. I evolved with the seminars; I did not know everything perfectly from the beginning. I have been studying with the people who came to the seminars and with my family, and I have learned from them as well. Every day was a layer upon layer of learning. I have an ignorant physical self, too; so, needless to say, it did take me quite some time.

At around the midpoint of my life, I finally realized the meaning of why I was born and what my real work was. I came to the conclusion that the existence of my real self is different from my physical self—the individual named Tomekichi Taike. Although I just described the two as being different, this does not mean the two are separate and independent of each other. With certainty, I had realized the truth of the world of consciousness, “I am you, you are me,” through my physical self. In other words, I sense that I am both the person with the name “Tomekichi Taike” as well as my true Self

that is not visible. I came to sense that the “physical self” and the “Self that is not visible” were one inside myself. If the “physical person” is myself, then “the invisible Self” is also myself. But, if one were to ask which one is my “real Self,” there is no question which that would be. At this point in my life, I am now certain that I am my true Self, one who is looking and reflecting on my own existence by giving myself a physical form in which to do so.

I have often used the term “the eternal present.” By this, I mean that the past and future are together at the present point in time. All of it—the past, present, and future—are, without a doubt, myself. I have viewed and felt everything from this point of view. I am truly living in the present. When I say that I am living in the present, it does not hold the same meaning as it typically does in society. I have the sense that although time passes and changes, I feel that I am not living in that sort of time. For me, I have my own time and space. And I have a sense of what my time and space is, who I am and that you are your own time and space as well. This is a feeling that I hold.

But I think I have gone too far ahead in my discussion, so let us go back to where we were. After having already lived half of my life, I came to realize my true self, and that my true life’s work was to communicate the truth to others. It was for this reason that I was born for the first time into a physical body. I was born with a physical body with the name Tomekichi Taike. Unlike everyone else, I had never been born nor had physical lives in the past. I had never experienced reincarnation. I do not mind how you respond to this, but for myself, I have no feelings of being special in any way because

of it. I just want you to correctly understand what it means for a consciousness that has never been born in the past to be born to now have a physical body.

I have used the term “the flow of the consciousness.” I would like you to understand in your heart that both you and I are within this “flow.” There has already emerged one person who can prove what I have been stating. I have continued to convey to people that if you practice doing exactly what I have said, anyone can find the truth and reach real happiness and joy. What it means to turn your heart toward me, and what will happen when you do turn your heart in the right direction to me, please, I ask of you, to become your own proof to yourself of what that will mean.

I have absolutely no intention to guide or save you; to give you power or to brainwash you. I have repeatedly stressed that the person who will guide you is your true Self and that your true Self is the power of joy. And so, I would like to record here, step by step, how you will meet “your true Self.” Before I do this, however, let us first think a bit about the reason why people are born, and what it means to have a happy life.

Chapter 2

Why Are People Born?

Summary of Chapter 2

In this chapter, the author reflects on the growing chaos in the modern world and urges readers to confront the deeper questions: “Why are we born? Why do we die?” Global crises—wars, disasters, environmental collapse—are seen not just as tragedies but as opportunities to awaken to the truth. They expose the darkness within the human heart.

While people often focus on careers, families, or dreams, these are not life’s true purpose. Instead, they are means for self-discovery. Our real identity lies not in form, but in consciousness. Humanity’s problems stem from forgetting this essence and seeking solutions externally.

We are born to remember our true nature—the energy within. Only by turning inward can we understand the meaning of life. The time has come to shift from lives centered on form to those guided by essence. This transformation is now essential.

I wrote earlier that the dark energy that has been asleep in people's hearts will begin to take clear form, and that the world will become increasingly chaotic. How much of this have you, yourself, already sensed signs of this happening? In our world filled with media, the changes in society flash past us quickly. People's thoughts, lifestyles, and values have also been quickly changing. And within this quickly changing world, I believe that people will encounter numerous occasions of having to ask themselves what they should believe in, and how they should go on living.

There is a terrible darkness that nests inside people's hearts. People will likely come to see this energy that exists inside themselves as an energy that cannot be held back by their ethics, common sense, and societal norms. They will one day, suddenly, experience a state of mind beyond their comprehension that they could never have predicted.

However, from my point of view, these happenings are not unpredictable nor did they happen suddenly. The factors that led to it, or rather, the cause, had been there all along, and is something that each of us carries within us. Once circumstances were ready, they flooded to the surface. I call this flood of darkness that comes up a "muddy flood." But in our current times, perhaps it would be better to call it a "violent flood."

During such an event, it may be quite difficult for you to find answers to your own questions of what you should believe in, and how you should go on living your life. It is at this moment that one

should take this great opportunity to come to a realization about oneself. Unfortunately, this does not come easy, as this “muddy flood” or “violent flood” of this world is horrible. I believe that the reality is that many people become consumed in this flooded stream of their own dark energy, as if they were controlled by what they believed to be their own destiny, and they bring their own lives to an end. With the understanding that this is our current reality, I further ask this question, “Why were we born? Why do we die?” These are very simple questions.

There will be many unimaginable, unpredictable events that happen in our future. I am hoping that especially in those times of unpredictable events, that as many people as possible can look back at their own lives and think seriously about who they are, what their existence means, and what their own life and death means to them. I know that at a time of crisis, your heart will be filled with panicked thoughts of, “Oh no, what should I do?” But, I am hoping that even in a small corner of your heart, you might be able to sense that “perhaps I may have been doing something wrong.” You may not know at that moment exactly what it is that you have been doing wrong, but I am hoping that you will start to look at these events as something that is trying to tell you something about yourself.

By the way, have you ever thought of the simple question of why you were born, and what you were born to do? There are many people in the world who are born into extremely harsh conditions, barely able to survive each day. People living in such conditions are desperate to continue to survive, and it is near impossible for them to

turn their thoughts toward the reason why they were born. They may die to unfortunate causes such as war, poverty, and starvation. They spend their short lives in agony. Even so, people continue to be born and come into this world. This is because we have a strong desire to want to be born. On one end some people are suffering the pain of war or hardships of poverty, while others are trying to gratify their endless desires. People believe that seeking comfort, convenience, and achieving economic development will build a happy future. People are also in a contradiction of crying out for peace while continuing to wage war. People are waging war through not only military combat, but through economic battles as well. There is no way that peace can come about in the world when we are spreading such violent energy. There can also be no wealth or success in its true meaning of the word, but it seems that we are at a state where people have yet to realize this.

So why is it that we continue to fight wars? It is because we have completely forgotten answers to very basic questions such as why we are born, and what we were born to do, and instead have turned our hearts outward, away from ourselves. However, the hearts of people who live within this world of contradictions are seeking their true form, the root of their existence, and their true Selves. Our true heart wishes to go back to its true nature, to return home to its origin.

This is why no matter how severe and harsh the conditions will be to which we are born into, we continue to be born into this world. And, to show one another that we have made a mistake of our true existence, we act in ways to inform each other of this

mistake. We show ourselves how foolish we are to have built up so much violent energy. This is what materializes as military conflicts and various wars.

And until now, all people had forgotten their origin, the root of their being. And, of course, without this, we could never find happiness. To help people realize their mistakes, signs often appear one right after another. All of these incidents show that no problem can be resolved without realizing our core foundation.

This is quite clear when looking at one such problem as global warming. This is the energy of human greed that has materialized and is returning to us. But, at the moment, we are still in a state where we have not yet come to understand that our own emitted energy and thoughts are coming back to us.

It is not that we as people are not making an effort to address the environment. We attempt to be environmentally conscious, trying not to further pollute the earth, and it is also being discussed politically at the national level. We also make an effort to do what we can individually such as reducing our use of energy and recycling resources. However, all of these efforts, I feel, will be useless. Global warming will progress much faster than any of these measures can accomplish. This is because global warming is a physical form of our consciousness trying to provide us an opportunity to realize our mistake.

What we really need to do before we start thinking about how to address global warming is that we must each think about the reason why we were born, and for what purpose we were born within our

own environment. I believe that looking at these root questions will be what connects us to truly addressing global warming.

Let me use an example that may be easier to relate to. Do you currently have an occupation? If so, what does your job mean to you? Some people work in order to make a living, some believe their work is their life's purpose, and some say that their work is their life. There are also people who may state that they are in the career of their dreams, delving passionately into their jobs. There are also people who believe that they are sharing their dream, courage, and vitality with others through their jobs. For all of these people, their lives revolve around their job or career. They have probably spent, or are currently spending, the majority of their time toward their work. And, of course, it is not only their time that is being spent, but their energy as well.

These people most likely believe that they have grown through various experiences and relationships with people through their work and, in fact, they probably have. I am sure that for many people they may have faced challenges and hardships in their jobs, but also feel a sense of achievement and satisfaction through their work. They feel they would not be who they are as an individual, or would not be where they are in their life without what they have experienced through their jobs.

Now, let's talk about your family, or someone close to you. We often hear people say that they can't live alone, and this is often a common theme in popular music. People seek people. I believe that people seek gentleness and warmth from others without realizing it.

I think it is very normal for one to wish to share their happiness and the joys of their life with their families or with someone they care about, to want to spend good times together, to wish for everyone to be healthy, get along peacefully, and to enjoy their lives together. And when you think about your life like this, what else comes to mind other than one's career, family, life goals, and dreams?

I believe that people are looking for something in their lives that can be proof to themselves that they are alive. Perhaps this is also why people seek to be active in community service with a feeling of wanting to contribute to society. I think people find joy in seeing others appreciate them and confirm their own existence through the knowledge that they are needed.

Some people believe that the purpose of their life is to achieve their goals or dreams. Others find fulfillment in their lives through their work of helping others to attain their dreams. They believe that, in return, they gain a positive strength or energy from them. Some people believe that their life purpose is to serve society through their work, and also believe in continuing to utilize their skills to serve the community beyond retirement. Others may claim that they continue to be active and healthy in their lives by doing what they enjoy. Still others may believe that their happiness is rooted in caring for their families, and may claim that their own happiness is in knowing that their family members are happy.

These are various examples of people with common beliefs on life and happiness; people who are generally thought of as well-intended and good people. I imagine that these people probably live their daily

lives with a positive outlook, doing what they can in their own fields and situations. Even so, I would like to ask, are these people able to say that their lives have been good?

This is the point that I want to make. I want to state that none of these things provide an answer to the question of why we were born, and for what purpose we exist in this very moment at this very location. I want you to understand that it is just not possible to talk about the true meaning of life if your basis is on work, family, life goals, dreams, and life passions. I would like for you to understand that these things exist in your life with the purpose to help you to understand your life, but not define it.

However, people believe that the physical world we see is what is real. People believe that what has physical form, beginning with our own selves, is what is real. So it is normal to think about such things as work, family, goals, and passions as our life values.

Because of this, people take pride in things of physical form, of the physical, visible world. People obsess over it. They place value on physical things, creating measures to compare what is superior and inferior. In an effort to gain the more “superior” or “higher” value, people turn and spread their energy increasingly outward to the outer world around them. They spread their energy outward, calling it hard work, perseverance, effort, or tackling a challenge. However, what they believe to be a positive effort toward improvement or success is not really what it seems.

The true purpose of having used your energy to obtain or create something, or to further grow and develop it, is not for progress

or success, but to feel your own energy, to feel your own Self. The true purpose of having used that energy is not to show your accomplishments or to take pride in your work, but to realize that you yourself created the environment around you so that you can begin to feel the kind of energy that you have in yourself, and to begin to examine it.

But this is difficult to do. For most people, the successes resulting from their energy results in pride of their own accomplishments and losing themselves in it. They become trapped in the physical world that they have created. The more energy they have exerted, or oftentimes even more than the amount of energy they exerted, they become more bound to and trapped in their created world. The more success one has in achieving their life goals, the more difficult it may become for a person to realize their true life's purpose.

Do you now understand the reason why we were born? It is to meet your true Self. It is to know your own energy that you emit.

It is fine to put your energy into your work or dreams. It is not wrong to use your energy by creating goals for yourself and trying to create and manage your life. And I also understand why one looks toward their family and home for comfort or life worth. I think it is normal as a family member and human being to identify with and bond together with family in a time of crisis or emergency. There is nothing wrong nor strange about having your work, goals, dreams, and family as part of your life. You must realize though that this is neither the final destination nor the sole purpose of your life.

Each individual needs to look at themselves within their set

environment and life conditions, and feel the kind of energy they are emitting. This is what the physical, material world is meant for. In other words, both your work place and family are learning material for reflecting on yourself. They are valuable learning tools through which you can study yourself. And because they are valuable learning materials, we should take good care of them. Once you understand the true meaning of why you were born, you will no longer be negligent of your learning material. There is a clear difference between valuing and caring for these materials and clinging onto and obsessing over their physical form.

You will not come to see the truth if you merely spend your physical life going through the motions of life—at times, rejoicing over the good, other times mourning over the bad—and simply allowing time to pass by. If you cannot use your learning material effectively, I am afraid that your life will have been a failure. Our physical lives are finite. The time will come sooner or later for one's physical life to come to an end. It may come with illness, or be caused by an accident, or may even be caused by crime. And when natural disaster occurs, many lives are lost at once.

To many people it is just plain fact to believe that after they are born, they will eventually die. This is because they believe in their existence within the physical and visible world. Since they believe in their physical form, it seems to make sense to them that if the physical form were to die, everything else about that individual should die as well. Since physical forms have a limit to their existence, they see that their own time is also finite.

Because they believe that life is limited, they may think it admirable when hearing of someone pursuing a goal, or of one devoting their life to reflect on and better themselves. In addition, those people who devote their lives to such goals likely receive praise and respect from such people. However, once you realized that our lives have no time limit, that we ourselves are unlimited in our existence, you will no longer be able to see things this way.

Your perspective on how to live will completely change depending on whether you see yourself and your life as finite or infinite. You may notice that your way of thinking and looking at your life completely alters depending on whether you think of yourself as a “physical being” or “consciousness, energy, heart.”

People work in various sectors of society, including politics, economy, culture, education, medicine, religion, and others. Believing in their physical form, they work hard throughout their entire lives in their respective professions in pursuit of happiness and progress. So why is it that in our hard-working society filled with people who want to improve their lives, we continue to have terrible events one after another? Do you have a feeling that this may be a clue to something meaningful? Each time there is an incident, accident, or natural disaster, the animals, plants, and other members of the ecosystem, including the mountains, rivers, oceans, and of course, mankind, experience changes to their appearance and existence.

However, unlike humans, living things in the natural world, such as animals and plants, understand and feel the flow of consciousness. They earnestly accept the flow as it is, and exist calmly along with

the flow. The only ones ignorant of it are humans. We are the only ones who cannot accept the crumbling of shapes and changes to appearance. We are the only living creatures who think so highly of themselves.

We fail to realize that we will have poor results if we try to seek happiness and prosperity while going against the flow of consciousness. Our inability to move with the flow of consciousness is the clear difference between humans and all other living things.

We are being asked to switch from the way we currently think to an understanding that although our physical lives and bodies have a limited amount of time, we do not. For that reason, we have been existing here and we will exist in the future too.

However, our time of opportunity to realize this does have an end. We cannot stay in this same state forever. There will come a time when we will need a strong impact to get ourselves out of our current cycle. This is what will start to happen in the time to come.

Chapter 3

The Self-Written, Self-Performed Play

Summary of Chapter 3

What defines a happy life? This chapter presents life as a one-man show—written, performed, and watched by ourselves. The author questions conventional ideas of happiness like status or success, arguing that many live and die without truly knowing joy.

We design our own life circumstances to challenge assumptions and rediscover deeper truths. Yet we often lose ourselves in the roles we play, forgetting that they are just temporary constructs. When we realize we are the observer, not the character, we begin to awaken.

True joy arises not from perfect performance but from recognizing the message behind our chosen roles. The moment we accept the play as our own design, we feel gratitude: “I’m glad I took this role.”

The key to happiness lies in receiving that inner message. The author promises to present the steps for doing so in the chapters that follow.

When someone speaks of having a happy life, what does that look like? Are you currently happy right now? What are some perspectives of what it means to be happy?

I come from a good lineage.

I am intelligent.

I am physically healthy.

I have good looks.

I have wealth.

I have an invaluable family.

I have good friends.

I have a meaningful job.

I have interests or activities that I am passionate about.

It may be nothing special, but I appreciate each day as I live it.

I feel the joy of being alive.

There may be other responses, but these are often people's standards for happiness. Some people may not be satisfied until they reach several of these goals; others may be satisfied with just one. Everyone seeks to find happiness; everyone has the desire to become happy. And it is commonly understood that everyone has his or her own standards for happiness.

However, it is my belief that hardly anyone knows what true happiness is. Everyone comes into life because they want to become happy. Yet they all die without ever finding it.

I wanted to be happy but I was not able to succeed.

What do I need to do in order to find happiness?

What do I need to attain in order to become happy?

In order to find the answers to questions that lie in their hearts, people choose the environment most suited for them to learn in, which they are born into. And just as they had planned for themselves, once born, they choose what they believe will be their criteria for attaining happiness. At times, they may purposely provide themselves an environment that completely lacks in what they believe is required to become happy. This is all done in order to confirm that their criteria for happiness was not true after all.

In this way, people perform, or live their lives, in the environment and condition they themselves set. They use their physical form to express thoughts and feelings that they carry inside their hearts.

For example, perhaps you can think of life as theater. In the theater of life, people write their own plays for themselves to enact. They are not only the actors for their play, but the audience as well. In this sense, perhaps you can look at your life as a self-written, self-performed play that you are also watching?

What is the theme of your self-produced and performed play? The theme of your play is happiness and joy. That theme is always the same. Happiness and joy are the constant themes. The reason we change the stage setting but continue to keep the same theme is because we are never able to accomplish our theme. As actors who never succeed in receiving applause from our audience, we work hard, repeating numerous rehearsals before reappearing on stage.

In these plays, you may at one time be born wealthy but end up completely ruined, or at another time, be born beautiful, having such pride in your beauty, but eventually destroy yourself with the beauty, and still another time, you may be someone different. There are varying situations, and with each, there are tears and laughter.

Seeing life in this way, can you think of your current life as one of these numerous scenes? And since it is a play, do you think that you should just enjoy it and continue on with it? You should just enjoy your role and do your best in it until it ends? Unfortunately, no matter how hard you work and enjoy performing your role, there will never be a final curtain call until you get the message of truth that is being communicated to you through this play.

With every play, the curtain opens entrusting you to deliver the message to yourself. And, of course, you are the main character until the curtains close. An actor who can continue to attempt to send the message to the audience is fortunate to have such opportunities. No matter how bad the actor is the audience tries its best to support the actor who is making their best effort.

Unfortunately, the supportive cheers do not reach the actor so easily. The actor always falls so deeply into their character that they lose sight of everything else in trying to perform their role well. Even when they are told, “You will be playing this role this time, please remember to receive the message that I will be sending you,” once the character is decided, the stage set, and the costume put on, one falls right into character for their role in the play.

I make this analogy of comparing life to a play, but even at this

very moment, there are people throughout this world whose lives are coming to curtain call, yet feel the challenges of not having reached their life's theme. I believe that a happy life means being able to accurately receive one's own message that one sends to oneself. This message does not differ between individuals. This message is the same for everyone.

It is a challenge, first in itself, just to simply come face-to-face with this message. Then, even if you were to eventually hear your message, there will still lay the challenge of whether you will correctly understand and accept it. However, even these challenging routes have become something of our past. We have come to the point where we have performed in our self-produced plays for so long, having gone through numerous curtain openings and closings, that we have finally gotten to a point where there are only a few trials left.

In fact, I am certain that the time of our final curtain call is very near. I came to realize that I am not really the "actor." I realized that my life was only a role that I was acting in. Once a person realizes this about their life, they will no longer be stuck in always turning their thoughts to their role. They will probably become less passionate about developing their character any more than necessary. They will probably live their role very simply while continuing to receive their message correctly.

I believe that having a joyful and happy life is to find the joy of getting to know oneself in this way through the character you have been given to play. And the greatest achievement for an actor

is to share their accomplishment and joy with the one and only audience member, themselves. I am sure that you will end up feeling so grateful to have your role that you will feel like exclaiming: “Thank you, thank you!” It may be such great joy that you might unexpectedly shout: “Cheers to a life of acting!”

Let’s set up the steps for us to be able to accurately receive messages from ourselves through our self-produced play, the key to a joyful and happy life.

I would like to introduce the steps to achieve this key. I am certain that if you follow the steps correctly, you will be able to see that life is a self-produced performance, and that through it, you can reach your true life, true joy, and true happiness. It is your true Self that will act as your road map.

Chapter 4

Steps for Correct Meditation

Step 1: Knowing Your Own Energy

Summary of Step 1

This chapter begins a step-by-step guide to joy and true life through meditation, starting with the essential first step: “Know your own energy.” Our true identity is not the visible body but invisible consciousness. However, we often live in service of a false, body-centered self, generating negative energy in the process.

To shift this, we must turn inward and examine the energy we emit. Guided meditations like the “Mother Reflection” and “Reflection on External Power” help uncover deep-seated attachments to people and beliefs. Removing the “armor” shaped by social expectations is crucial for reaching the world of vibration and truth.

The chapter emphasizes sincerity over external roles or mystical experiences. Awareness of one’s energy—built over lifetimes—is the true gateway to proper meditation and deeper understanding.

From here, let us walk together through the correct steps to get to know your true life, true joy, and happiness.

As I wrote in the beginning of this book, our true Selves are consciousness and energy, and cannot be seen. The visible form of our selves is not our true Self. We are born into a visible, physical body for the purpose of discovering our true Selves. This is why we are born, but once born, we end up believing solely in our physical selves. So with this belief, we begin to live for our physical, superficial selves. We use our brains, hearts, and physical bodies, putting in all of our effort to live our physical lives. Unfortunately, however, this is where we make our mistake. We make the mistake of putting in all our effort, our brains, hearts, and physical body to nourish only our superficial selves. As a result, this one mistake leads to more mistakes. If only we were able to realize our mistake through seeing the negative results; unfortunately, we have a very difficult time doing so.

The reason we are not able to realize our mistake is because we have no awareness of having used our brains, hearts, and physical bodies for our mere superficial selves. In fact, we wonder why we ended with such negative results when we've put so much effort and hard work in for success. We are unable to see, nor accept, what affects us negatively as something positive and joyful, and, of course, this is perfectly normal. Naturally, we perceive negative results as being an inconvenience in our lives, not as something joyful. In fact, it would seem rather odd to think of something

negative and inconvenient as positive and joyful. If we forced ourselves to feel this way, this would be dishonest to our true feelings. And pretending to feel joyful when one is not, or forcing oneself to feel happy, is also a negative energy.

We had never, in the past, taken what is negative to our eyes and viewed it as something positive that helps us see our own mistakes. We perceived negative events as simply negative. In doing so, we had accumulated more and more negative energy. The energy we emit from our true Selves is, of course, positive energy, but since we have believed in our false selves, the energy that we have been emitting has all been negative.

The first step is for us to realize the negative energy that we emit from our present physical body. To do this, you should reflect on your heart, and at the same time, work on reflecting on your thoughts toward your mother as well as reflecting on your thoughts toward outer sources of power. Continue to look at and reflect on your heart, which has been soiled and hardened with ignorance, egotism and greed.

At the beginning of the seminars, (from 1980s to 1990s), we had channeling sessions to assist people in looking at their hearts. Channeling is like having a cheat sheet, so to speak. It provides a clue to looking at your heart. Ideally, we really should reflect on our hearts on our own, without any help, but this is quite difficult to do.

One may reflect that, “I had this (certain) thought and through this thought I emitted this kind of feeling or vibration.” However, this kind of reflection is at a superficial level. No matter how much

reflection you do at the superficial level, you will never be able to reach further into your heart to find the deeper level of negative thoughts that exist. So, in order to reach deeper into our hearts, I provided a time in past seminars called “session of phenomena,” to be used as a next step in reflection. I provided this time because I wanted people attending the seminars to be able to feel their own accumulated energy through their own physical bodies.

The sessions of phenomena are, in a way, a time for meditation. What happens when one turns their heart toward me, Taike, is something one can only experience at the seminar. Currently, I have my physical body, which is why I was able to conduct as well as attend the seminars. I did so because I wanted people to understand the significance of being able to physically attend the seminars with their physical selves. I am sure that everybody who attended the seminars felt that the time and space of the seminar was a very valuable time.

Consequently, this portion of the book is written in the same process as Part I. Therefore, Kayo Shiokawa turns her heart toward Tomekichi Taike’s heart and consciousness and she typed this book. I will continue writing, while bringing up some of her experiences from time to time.

Because of my previous occupation as a teacher, I have often been referred to as “Teacher Taike.” The “teacher” before my name is rather like a proper noun. It is most likely a continuation of having been a school teacher that “Teacher Taike” became my name at the seminars for the past twenty or so years. It seems people felt that

“Teacher Taïke” fit me better than “Mr. Taïke.” Please know that although I am called “teacher,” it does not mean that I am above everyone else.

By the way, I must say that these seminars that have been held for the past twenty years have been quite peculiar. I say this because almost everyone who came to the seminars did not come with respect or reservation for the “teacher,” but contrarily, came with feelings of “I will kill you, Taïke!” or “Die, Taïke!” And yet, I have held these seminars with these people for a very long time. And during the years, there were never any significant problems or incidents. That alone was also rather curious to me. In this way, these seminars were quite interesting.

Here, Kayo Shiokawa, who was also not an exception to this curiosity: In my memory, I recall first meeting her at a seminar in Okinawa over ten years ago. Unfortunately, I regret to admit that I have little memory of having met her before one certain incident. This incident was during a seminar held in Okinawa, but not during the seminar session.

She walked by, and as she passed, she uttered the comment, “Mr. _____ was much better.” This Mr. _____ that she referred to was the leader of a religious group whom she had revered even after starting to attend the seminars.

I later asked her about this incident and she replied, “I don’t remember ever having made such a disrespectful remark.” However, I, myself, had a very clear memory of it. My memory of the incident was not just of her words, but also of something that I had felt from

her that moment.

Since then, it was not that I had been especially paying attention to her, but somehow, it seems that I had been occasionally speaking to her without being conscious of it. The reason that I can only say that it seems that I spoke to her is because I do not have much memory of doing so. These are the words that I learned later of having said to her:

“You sure are quiet today.”

“What nice clothes you’re wearing!”

“You hate me, don’t you?”

“Is that person your mother? Or is that person your aunt?”

These words are not anything significant, but for her, they seemed to have made her feel contempt, to want to shout back each time, “Damn you, Taikel!” It had, in fact, not really mattered what words I had chosen to say. My intention was that by speaking to her, it made her turn her heart toward me.

Of course, this would not have worked as easily for someone who was not attending the seminars. It would probably have made them wonder why I would say such strange things, and would make people keep a distance from me.

I, unfortunately, have to state that people who have never attended the seminars and have not done this study do not even know that the true nature of human beings is their consciousness. Of course, they have not worked on reflection of their own

hearts. Also, they have not reflected on their mother or toward external sources of power either. My spoken words will not mean much to people who have not studied. But for people who have studied even a little, my words will hold meaning to them.

She had studied enough to react to my words. Being able to react indicated that one's consciousness is being honest to oneself. In this way, I give a little assistance for one to feel one's own accumulated feelings, or one's consciousness that is ready to come out. My hope is for everyone to be able to feel their own thoughts and feelings by becoming honest in their hearts, their consciousness.

I think of the physical body, or physical mind, like an armor and helmet. People securely protect their physical body or physical mind, so as not to reveal their true feelings and thoughts. This causes pain for their consciousnesses, their heart. So, their consciousnesses try to make their physical selves notice their existence. Their consciousness continues to send messages to those who wear and believe that their physical selves, their armor and helmet, are their true Selves. These consciousnesses try to communicate their painful condition by expressing it through physical illness, financial problems, family conflict, and societal and relationship conflicts.

I have been telling people to, please look at and reflect on your hearts. I have been telling people, "Do not turn your own thoughts outward. Turn them inward, and reflect on and listen to your hearts." I would like you to learn how to do this by attending the seminars.

Most people who attend the seminars and practice self-reflection on their hearts will become sensitive to feelings or vibrations. They

will begin to make an effort to take a little of their armor and helmet off. You must first take off your armor and helmet in order to know your own energy. Everyone wears a thick armor and helmet in the form of societal values, cultural norms and practices, societal regulations and standards. We must first take off our armor and helmets and become lighter. Once you let go of these superficial values, you will be able to start to know who you are inside.

While you are wearing this armor of valuing the physical world's values, you may think that the world of consciousness is something very far away. You must first acknowledge that you have on such thick armor, of wanting to seek outer sources of power.

When I ask you to let go of society's norms and values, I do not mean for you to become senseless. I am not saying that you should become careless about your physical life. For example, you may have a role in your family as a husband or wife. Everyone has his role whether he is a parent, child, or sibling. And, of course, people have roles and duties at their work place as well as within society.

How you balance the roles in your life depends on your situation; it is to your discretion. You should do what is necessary in order to sustain your life, and at the same time be aware of the emotional/spiritual limitations and pressures that restrictive societal norms and values create.

There are, however, some instances that make it difficult for one to practice this study. Depending on some family cultural practices or the social environment in which you live, it may take some time for you to be accepted by people around you. For those who live

in an environment where it is difficult to do this study, it may be difficult to work on these tasks. However, the environment in which you live is also a result of your own life choices. The objective is to learn how to find joy in your life environment. Take note, however, that this does not mean that you should attempt to find the best environment for you to live in to choose the best life circumstance in which to live.

I do believe that if you earnestly desire to do this study and realize inside yourself that this is what you were born to do, you will be able to find a way to overcome difficult obstacles in your path. I believe that this is the direction that the energy flows and it will lead you to it. However, if you do things with the desire to reap personal benefit, you will not have positive results. If you feel that your efforts toward this study are not progressing, simply accept the fact that you are still working toward the path, and continue to practice walking straight along the path.

Once the time is right, the conditions in the environment around you will change, and you will be able to move forward. The people in your living environment will be observing you. I believe that when the people around you observe your attitude toward your life, they will begin to understand and accept the way in which you are living with this study.

I have slightly wandered off the subject, but there is definite difference for those people like Ms. Shiokawa who have met me in person and have heard me speak. There is a phenomenal difference between someone who has attended a seminar and one who knows

of me only through the website and books.

And yet, I am just an ordinary elderly man that you may find anywhere. I am sure there were many people who came enthusiastically to the seminar expecting to gain some sort of power from me, and then were disappointed, just as Kayo Shiokawa had been.

“ Mr. _____ was much better,” she said. I think that when she said this, she was expressing her candid opinion. It did not make me feel at all disappointed when she said this to my face. Perhaps this was because I knew that she had no expectations of me.

Many people came to the seminar with an expectation to seek salvation or to gain some sort of power or energy, but I believe that she just wanted to learn what this study was teaching, which is why she came and spoke so directly to me.

It is my joy to receive those thoughts from individuals who come to me in search of seeking the core, or truth of this study. This was a lesson not only for her.

To explain this simply, she was the one who chose to take the challenge of the lesson that I had to give. The lesson that I had given was the same one that I had been talking of throughout the seminars. This lesson was that there is a clear difference in the end result between one who comes to the study with a desire for personal gain, such as for salvation or power, and one who comes with the wish to learn about their truth, and continues to come to the seminars for that purpose.

And now, here is a key point. The most effective path is

dependent on your own motive for choosing to do this study. I have always told people to continue to evaluate their motivation for coming to the seminars. This was because I wanted people attending the seminars to take seriously the fact that they would never have any positive progress, no matter how many times they were to attend, if their motivation for studying was simply wrong.

I can feel more than the average person of what it means to have been born, for your mother to have given you life. This was especially why I wanted people to truly value the opportunity of being able to attend the seminars and use their time wisely.

This is also why I have been extremely strict toward people who are channelers, and of the practice of spiritual channeling. It's not because I was picking on the channelers, but because I wanted them to seriously ask themselves, and to understand, what it means for them to have chosen to be born as one who is able to channel energies.

If you continue to attend the seminars, you eventually will become sensitive to energies and vibrations. It would become easy for you to become a channeler. But, if your motivation is to attend the seminars in order to become a channeler, this is a faulty and poor reason. If your motive is wrong, or if you are stuck at the level of being a channeler and doing channeling, you may be able to feel the energy accumulated inside you through the physical body, but you will not be able to move forward. You will only continue to stay at the same level. How long do you plan to stay at this same level?

I have been hoping for those who have come with the mistaken

motive of wanting to become a channeler or wanting to seek help from channelers to reflect on that feeling so that they are able to move forward in the right direction. If you continue to only be attracted to new things that appear in front of you, you will end up stuck in the same place without any progress no matter how many seminars you attend.

This is why Kayo Shiokawa had to take each step forward with very sure footing. Back in those days, she wore a firm armor and helmet. Although, at first when she began attending the seminars, she had no sensitivity toward feelings and vibrations, I knew that she would become more sensitive to feelings and vibrations if she continued to attend, and I looked forward to her progress. Some time after having started attending the seminars, I observed her during a *yamidashi* session, a session in which one has the opportunity to release one's own negative energy in order to acknowledge it, and noticed that she was kicking her own aunt. At another time, she would very suddenly rush from her seat toward me; or just as I thought she had jumped up, she would start running about trying to escape from my finger pointed at her; and in this way she came to the stage of being able to recognize her own energy. Finally, she came toward me in a way as if wanting to attack.

After this condition, there is another stage. I believe that almost everyone who has attended the seminars has experienced it up to this point. The important part is after this point. If you have gotten to this point, you have acknowledged your own accumulated negative energy through your physical body. Now, the real question is "What

to do after learning of your energy next?” Let us learn how to overcome this first hurdle together.

But first, let’s briefly review reflecting on your mother and reflecting on outer sources of power. Reflection is not about reflecting on your spoken words or your actions, but about reflecting on the thoughts you have had and spread outward.

Key 1: Reflecting On Your Thoughts Toward Your Mother

This is done by reflecting and remembering, or thinking about, the thoughts that you use toward your mother, who gave birth to you. There are a few different ways to do this, such as writing your thoughts and memories into a notebook or typing them on your computer, but the important thing is to express your honest feelings and thoughts toward your mother.

To give more detail, try to remember your thoughts and feelings that you’ve had toward your mother through your relationship with her. Try to remember the things that your mother did for you, things that your mother failed to do for you, and things you have done for your mother.

You experience numerous thoughts and feelings through your relationship with your mother. For everyone, our mothers are an interesting existence. You will sense that your mother is someone that you may hate while at the same time very much love. And yet, you know inside yourself that, in truth, you really love your

mother. To express this in different words, our existence of our mothers is simultaneously like a wall that blocks our way and at the same time envelops us warmly.

Key 2: Reflect On The Thoughts You Had Toward External Sources Of Power

People who have believed in and turned their hearts and thoughts to external sources of strength or power should first trace their path of travel of seeking various religions or spiritual practices. One should reflect intently on the initial motive for joining a religious group or starting a spiritual practice. One should also look closely at what was sought to gain from the practice or belief, as well as the kind of feelings, thoughts, and expectations one had toward their teacher, leader or founder. Try to remember these things, not just roughly and superficially, but in close detail on the actual emotions that you went through in your heart.

It is important to look candidly at only the facts of your religious or spiritual practice, and not get stuck on just reflecting on how much money you spent toward the religion or practice, or whether it was a good or bad belief or practice. Simply look at the facts. Most importantly, pull your heart out from your own ignorance, to realize that you have been practicing even this study as if it were an extension of those past religious and spiritual practices and beliefs.

People who have an attraction toward such higher powers, such as God, or (as common in Japan) Buddha, or powers from the outer universe often come to attend this study. However, without having realized the true state of their hearts of having sought outer powers, the direction of their hearts continues to remain without any change from the time before they started studying. I believe that, even presently, these people's thoughts toward the physical Tomekichi Taike are parallel to the way they sought, and continue to seek in their hearts, outer sources of power.

Both the feelings of reverence as well as the feelings of scorn that they have for Tomekichi Taike are really just two sides of the same coin. They are two expressions of the same condition in their hearts. You may feel that the physical Tomekichi Taike is a large barrier that blocks your path. Yet, this barrier needs to dissolve and disappear from your heart in order for you to understand the truth.

Through reflection on external source of power, please learn how strongly you hung onto the power. I would like you to know the difference between your religious leader and me, Tomekichi Taike, in your heart.

Chapter 4

Steps for Correct Meditation

Step 2: Meditate to Turn Your Thoughts to
Your Mother and Toward Your Mother's Warmth From here,
let us walk together through the correct steps to get to
know your true life, true joy, and happiness.

Summary of Step 2

The second step in correct meditation centers on how to transform the negative energy we uncover within ourselves. The key lies in the warmth of the mother. Through meditation, we must recall and reconnect with this warmth, which reveals our true self.

However, many have spent lifetimes rejecting that very warmth, often without realizing it. As we begin sincere practice, we encounter old energies that once turned away from love and now seek to return.

Meditation on the mother's warmth gradually dissolves the defenses we've built, allowing us to access deeper trust in our true self. But sensitivity alone isn't enough—balance in daily life and grounding habits are also essential for this process.

Practices like the “zero-year-old meditation” help us remember the peace we once felt in the womb or in our mother's arms. In this state, we rediscover the joy and security that defines our essence.

Ultimately, even our darkest impulses are cries to return to love. By embracing the warmth we once rejected, we open the way to healing and authentic joy.

I have talked about the first step of getting to know one's own energy, and as a preparatory step, to let go of some of your withholdings toward your physical life, describing it as your armor and helmet. I have also discussed a bit about looking at your motive for wanting to do this study. The second step is what to do about the energy that you have discovered in your heart, or rather, what to do with yourself.

In this second step, it is critical to know the warmth of your mother. It is essential that you turn your heart toward your mother, and try to recall the warmth of your mother through the practice of meditation. This is so you can learn that your true self is simply this warmth in your heart.

However, this is not exactly an easy task. We all have a long history in our hearts of having heavily turned our backs to this warmth. People who haven't done any reflection of their hearts are not even aware that they have turned their backs to their mother's warmth. So, it must be unimaginable to them that they would have a history of having turned their backs on their mother's love.

If you listen to what I have said and continue to practice self-reflection of your heart, you'll soon realize that you believed in a false self; that your physical self was your true being. Then, you will begin to encounter your numerous feelings and thoughts that have accumulated inside your heart.

Those numerous thoughts that you turned your back on will

begin to seek warmth and increasingly attempt to gain your attention. Once you loosen your grip from your firm belief in your physical self, in the physical world and its values, shedding yourself of your armor and helmet, you will begin to feel your own heart's attempts for you to realize your energy. This will feel to you as something tremendous, awful and treacherous.

But, as you move forward in your process of understanding and believing in your true Self, even those treacherous, tremendous energies in your heart will dissolve. Going through these steps of reflection does not mean that you will forever be ruled by your own negative energy. Your negative energy will never completely disappear from your heart, but you should not feel out of control as if you are losing yourself, nor spew your negative energy to others in your life.

This is because you will feel a part of you that you can trust completely when you meditate, turning your heart toward your mother. Through the meditation of turning your heart toward your mother, you will be able to feel through your heart the difference between your false self and your true Self. Kayo Shiokawa was one who was able to move through this process step-by-step. It is not as easy for most to follow these steps to move forward in the right direction.

For most people, if they continue to attend the seminars, they will become sensitive to vibrations, feelings, and energy. If one is unable to feel their own energy in their heart, even if one is told by others that their energy is terrible, that they are wrong, they

are not going to be able to really understand. This is because we all wear our armor and helmet of belief in our physical selves, so it is inevitable that we don't understand, and it is rather normal. It is necessary to first loosen our withholdings on our belief of our physical selves, allow our own energy to be felt by our physical selves, and to become sensitive to vibrations, feelings, or energy. This may be the quickest way to begin this study.

A problem arises when people become sensitive to vibrations or energy before they come in contact with this study. These people have become sensitive to feelings before they have had a chance to realize the warmth inside their hearts. I am sure that people who have attended past seminars have seen and have learned through such people that one has not succeeded or completed their study just because they have become sensitive to vibration and energy. People whose hearts have become sensitive to vibration, but are only sensitive to their own dark energy, are even harder to deal with than those who do not yet feel anything. It is often difficult for people who are not aware of their warmth to realize that they are the ones directing their own dark energy to control them. Also, even if they are aware that it is their own dark energy, they are often unable to do anything about it.

It is here that I would like to make a clear statement. If you are unable to sleep, unable to eat, you must first see a doctor where you should receive treatment so that you are able to get the sleep you need. You must regain the natural rhythm of your life by getting plenty of sleep, waking in the morning, and sleeping

at night. Eating well, getting enough sleep, and setting up the natural rhythm of your daily life also are important prerequisites to doing this study. If you do not have a good rhythm of everyday life, you cannot do real work with your body. For the time being, regain the body's normal condition of eating and sleeping. Once your condition settles with medication, if needed, reflect well on the cause of what distracted your daily rhythm. Once you do, you will realize that there is a part of you that is blocking you from reflecting on your heart.

On one hand, you might feel that you must do self-reflection on your heart; while on the other hand, you may feel there is another part of you that resists reflection, a part of you that is persistently urging you not to look at your heart. For people who constantly hear voices in their heads and are unable to sleep, they must be in such terrible anguish, but there must also have been a reason for having arrived at that state. If you are someone in this condition, is there something you can think of that may have led to this?

While people who are sensitive to vibrations have their sensitivity as a challenge, I also think that these people have an even greater opportunity to change what is negative within themselves to what is positive once they begin practicing what I have said. When such people come to realize and accept that they, themselves, made the choice to become one who is sensitive to vibrations, I am sure they will feel joy and thankfulness even in the pain and suffering they are able to feel. Once these people take the right steps, they will spread true happiness and joy throughout their hearts even more so than

people who are stuck believing in their physical selves. For all the suffering they felt throughout their lives, once they begin to change, they move forward in their study very quickly.

However, this path is a very rough and challenging route. There are other life circumstances that can also make one's path challenging. There are times when navigating on the right path becomes difficult because of the environment where one is born, or where one ends up as an adult.

I imagine that each of you have your own challenges or hardships, but I hope, from my heart, that as people who have received the chance to learn of the true world while in their physical bodies, you will walk earnestly along this path without rushing or giving up.

It is really quite a difficult task to attempt to search the truth within yourself while living in this muddy stream or rather flooded torrent of our physical world. Even though it is difficult, it is not something you can avoid or neglect. The more you come to know your own energy, the more you will feel a piercing demand within yourself to clear the second step of this study. You will come to a point where you will have to come face-to-face with yourself whether you want to or not. In fact, in the past you have had to face such difficult challenges. You prepared many obstacles in your life to make it difficult for you to turn directly toward the truth.

Did you ever stop to ask yourself, "Why is it that I prepared such obstacles between myself and the truth?" You may have,

in fact, never even thought that you yourself prepared these obstacles in your life.

If you really reflect on your heart and understand through your heart what energy you harbor, you will likely begin to feel that this energy of obstacles comes from gentleness. You will find that it was none other than a gentle encouragement to “please change your negative energy to positive energy,” and “please encircle this energy with mother’s warmth.” Once you realize this and begin to do so, these obstacles will no longer be obstacles to you. You will feel and understand in your heart that you placed these obstacles in your path because you wanted so much to find the truth.

The point is that it is important to learn of your mother’s warmth through the meditation of turning your heart toward your mother, and to continue to expand that feeling inside your heart.

For someone who has yet to realize that they have and continue to spread only negative energy, it will take a bit more time because they are still in a state of stagnancy. There will eventually come a time when they are urged to realize this; so although they may not feel anything at the time, this only means that it will take a little longer before their pain can finally surface. If you have been reflecting on your own heart and have started to feel your own energy, you are already at the point of being urged toward the next step.

You will start to realize the difficulty of trying to clear your heart’s negative energy without first discovering your mother’s warmth and love. As you become more sensitive to vibrations, and especially

because your heart now senses vibrations, you begin to understand that your mother's warmth is what is most important.

Incidentally, the mother I am referring to when I speak of meditating is not the same as the mother that you see or talk to in your daily life. At first, you will probably spend time quietly closing your eyes while imagining or thinking of your mother who gave birth to you. Even though you may have taken off your "armor and helmet" and have softened just slightly in your heart, we are still people who believe strongly in our physical selves. Therefore, you will need to first start with thinking of your physical mother that you know.

Everyone has gone through the practice of writing their thoughts about their mother in a notebook before beginning the practice of meditation. After having done so, they may feel that some of those thoughts had really been unappreciative or disrespectful. In our physical minds, I am sure that they will seem not to make sense, to be illogical. Those thoughts and feelings that seem unethical or ungrateful toward your mother may make you cry during your meditation in which you think of your mother. You may feel your mother's warmth and love, and this may make you feel remorseful or regretful.

I am not saying that this is at all the final completing step for meditating on your mother, but I think this is fine as a beginning step. You should continue your meditation on your mother while repeating meditation experiences such as this. And if you continue to meditate in this way, you will soon find that the image of your

physical mother in your mind that you had at the beginning of your meditation practice will disappear without your knowing.

As you continue to move in this direction, you will come to sense the awful energy that emits from inside you, but you will simply feel happy about this. You will feel love for your own self that made the mistake of emitting negative dark energy, and you will begin to want to meet more of your real Self and energy inside you. Finally, you will begin to see me, Taike, in a different light. Your perspective of me, of Taike, will change from seeing me as a physical person to seeing my world through your heart. You will be able to see your world, the condition of your heart through Taike's eyes. Of course, everyone will at first see or sense the awful energy in one's heart. Every one will first face their own crazed condition in their hearts, an energy that screams, "Taike, I will kill you!"

It will not be joy, thankfulness, and happiness at first. I should also mention here that the energy of, "Taike, I will kill you!" is nowhere near the level of such physical feelings of hate such as "I hate ____ so much that I wish they'd just die" or "I can't stand you; just get out of my face." Frankly, this is your heart screaming, crying out. Your heart is screaming and crying out in search of your true Self, screaming, "I want to return to the warmth." And this is why, "Taike, I will kill you!" is an incredible and great joy. You will come to understand this naturally if you begin to feel mother's warmth through your meditation of thinking of your mother. And once you do so, the way in which you look at my eyes, Taike's eyes, will change.

By the way, people who still hold in their hearts the energy of wanting outer powers are unable to look me directly in the eye. Even if they are told to look into my eyes, they cannot look at me honestly and directly. Even for these people, I ask that they please continue to meditate daily and diligently, turning their thoughts to when they were just born. To meditate on the time when you were just born, simply go back to who you were when you were a baby being held in your mother's arms, drinking your mother's milk. Simply recall yourself as that baby, and meditate while thinking of your mother. A newborn baby does not think about anything and just simply feels happy to be held by his or her mother.

You may not recall that you had such a time, but your heart, your true Self remembers it. If I may add to this, even if you were never held, not even once, by your mother, you still have the time that you spent in your mother's womb. During the time in our mothers' wombs, we unmistakably were in our mothers' warmth. And during that time, you were simply just happy. You were simply at peace. You had to have been happy because you completely believed in and trusted your mother. You felt happy just being there in the joy of entrusting yourself to your mother. Without mistake, each and every one of us was given the opportunity to feel this. Your mother's consciousness told you each time you were born into a physical life that, "This is You. This is the real You."

By meditating and recalling the feeling of when you were born, you will be able to clearly feel the world in which you have created in your heart of seeking outer powers. You will start to clearly feel

how tightly you have bound yourself, entangled yourself, to your world of seeking outer powers. You will come to understand in your heart why you have not been able to look Taïke directly in the eye, and why your feelings of “Taïke, I will kill you” is not able to change to true joy. And you will realize that the desire to seek outer powers inside your heart is not something insignificant that can be treated lightly. You will come to painfully find that you came into this world carrying with you a terrible, awful energy that cannot be taken lightly.

This is where our subject begins. Each time when you feel the warmth of mother, you will strongly sense in your heart that the route to joy and happiness is to tear down your feelings of thinking of yourself as great, of being right, of not having been mistaken, and of having led a respectful life. People who have been indifferent and careless toward their mother’s warmth will find that their mistake will eventually come back to them. I believe that these people will eventually learn that they cannot live without their mother’s warmth.

Chapter 4

Steps for Correct Meditation

Step 3: Meditation of Turning Your Thoughts Toward Your Mother and Reflection of Seeking Outer Powers

Summary of Step 3

The third step in correct meditation confronts our deep-rooted reliance on external powers—be they religious figures, supernatural forces, money, or status. The author asserts that all humans, regardless of background, have walked the path of “other-power” faith. However, true reflection on this dependency requires first establishing a foundation of trust through meditating on the warmth of the mother.

Without this inner anchor, remorse cannot arise, and the roots of reliance remain intact. Even thoughts of saving others or having a spiritual mission can be traps, diverting us back to the very attachments we seek to overcome.

True liberation begins with saving oneself. Attempting to help others while still trapped in darkness only recreates cycles of dependency. Real reflection on other-power means dismantling the false self—painful, yet ultimately freeing.

Many drawn to these teachings likely played roles in past lives as spiritual followers or leaders. Recognizing this calls for responsibility: to choose a new path rooted in love, not dependency, and finally return to the joy of the true self.

People who have belonged to some kind of religious or spiritual belief in their lifetime should recall and verify in detail their motive for why they joined the group, and reflect thoroughly in their hearts until they understand why seeking outer powers is wrong.

Even for those who have not participated in any religious or spiritual practice during their current lifetime, we have all without a doubt sought such existences such as God, Buddha, or power from sources that can't be seen. People who are committed to worshipping their ancestors, fortune-telling or charm, or interested in the powers of the universe, or attracted to things such as aura, charisma, yoga, or being able to see or sense spirits, are with certainty completely absorbed in their desire to gain outer powers. It is also the same for people who follow their ancestry to find their origin.

In addition to these, I believe that the energy of reliance upon outer powers extends even into every area of our daily lives. I think I can even say that there is not a single individual who doesn't practice reliance on outer powers. It is not only praying and worshipping that is reliance upon outer powers, but also people who live for money are also being controlled by the power of wanting money.

It is through meditation that you come to feel the kind of world that your heart is filled with. However, it is very dangerous to do this kind of meditation carelessly. As with anything, it is important to follow steps, order, and directions. It will be impossible for you to ever understand why it is wrong to rely on outer powers if you do not believe, or cannot believe, that you, yourself, are the warmth

that you seek. It is not possible for you to understand without first learning this. So, even if you are able to learn of your accumulated negative energy of relying upon outer power though your physical body, you will only become controlled by that energy. You will end up continuing to repeat the same mistake.

Conversely, if you are able to truly feel the warmth of your mother in your heart, you will be overcome with the feeling of wanting to apologize to your true Self, “I am so sorry. I am so sorry, I have been making mistakes.” The effort of realizing and reflecting on your mistake alone will create enough energy and strength in your heart to diminish the negative energy you have accumulated and grown inside of you in your desire to seek outer powers. What does it mean that you are still controlled by your own energy of relying on outer powers, and that it can even overpower your mother’s warmth?

For this reason, it is critical that you closely examine the true state of the warmth you have felt to verify its authenticity. In any case, you will not be able to reflect on your reliance on outer powers until you can meditate with your thoughts toward your mother and feel your mother’s warmth. I want you to seriously understand that no matter how much regret you feel for having sought and relied on outer powers, if you have no knowledge of your mother’s warmth, it will never connect to true reflection. It is that difficult and challenging.

I have come to using the phrase “risking one’s life” in reference to reflecting on one’s outer sources of power. To explain simply, if

it were easy to reflect upon one's reliance on outer powers and to set oneself free from that energy, there would have been no need to have spent the past twenty years doing these seminars. It is because it is so difficult that it is worth doing. It's because of its difficulty that you feel joy when you realize, even a little, your own mistake.

Your reliance upon outer powers is rooted very deeply inside your heart. When you feel joy about realizing your reliance on outer powers, you won't just simply end in joy. It would be great if you could just conclude with feeling joy, but your energy of reliance upon outer powers will pull you right back. As soon as you feel joy, your next feeling becomes, "Look at me! Look at how I am feeling joyful." That joyous feeling immediately changes to energy of vanity—that is how severely we are controlled by our own energy of relying on outer powers.

However, even that fact is still joyous. It is joyous just to have come to realize within this current lifetime that you are completely controlled by your own energy. Are you able to feel this way from your heart? Are you able to believe that deep inside your heart there exists a part of you that is trying to face your own reality without ever abandoning, discarding, or giving up on your Self, no matter how far the path? Getting to that feeling is what reflecting on your reliance upon outer powers is. This is why having your mother's warmth is essential for reflecting on your reliance of outer powers.

Your mother's warmth continues to support and encourage your heart; at times gently, other times strictly, as you nearly fail or give up numerous times to reflect on your reliance on outer powers. It

is only in mother's warmth that you can unite the part of you that turned your back on the warmth with the part of you that is trying to return to the warmth. Once you really feel the world of warmth, and the warmth within you, you will clearly understand just how small the world of reliance on outer powers is. You will fully know how foolish you have been to think that such a small existence was so large and great. This is your foolishness.

Have you ever sensed that you have rotted inside yourself, all the way down to the core? Have you heard in your heart the message from your true Self shouting out to you, "I have turned my back on myself?" Reflection on your reliance on outer powers is to let everything come tumbling down. It requires that you to let go of everything you've been holding onto. Relying on outer powers never had anything good. You who turned your back on your true Self never found salvation. We are only filled with an overflowing gratitude and thankfulness for even just having been born into our physical bodies in this present time and be informed of the condition of our true Selves. Even so, the heart that wants to rely upon outer powers responds violently.

"Save me!"

"Do something for me."

"Taike, how can you abandon us?"

"Why won't you acknowledge me?"

These thoughts and feelings will likely come from you one after

another. Are you ready to face the reality that you had turned your back on yourself and have been running from yourself from darkness to darkness? Your reliance upon outer powers is rooted very deeply in you.

In order to strongly understand this, you have your future lives (reincarnation) ahead of you. Naturally, you are the one who has prepared these opportunities for yourself. You have decided for yourself that you will reflect well on your own reliance on outer powers through the cycles of lives that you are preparing for yourself. Are you aware that you have such strong desire in your heart to reflect on your outer powers?

If you begin to feel even a little of mother's warmth in your heart, begin to realize that you had turned your back on that warmth and start to realize in your heart the path toward outer powers and the energy you had sought, you will then start to realize how foolish you had been. Although you will begin to understand, you will still at first waver and pull yourself in two directions.

You threaten yourself, "Don't turn your heart toward Taike. If you turn your heart toward Taike, I will kill you. To hell with the warmth! What warmth? Who brought you your happiness? Do you really think that something like warmth could make you happy? You came begging for me to grant you power. So you're going to betray me now?" If you were to put the feelings into words, this is what your feelings would threaten.

Or, on other hand, you may start to think higher of yourself than others. "You have an important mission. You have a duty in

this world. The world that you are feeling in your heart is real. The time will come when you must spread what is in your heart to every one around you. When that time comes, waste no time to help each and every person. There will be people who will be saved because of you.” Even if these messages in your heart start with, “I am Tomekichi Taïke.” If these are the thoughts coming into your heart, then there is a problem.

How will you be able to tell whether the message or thought is truthful or not? There will always be one part of the message that seems strange. It may all make sense, but something will seem very odd. First of all, no one has such a thing as an important life mission. And if you misunderstand the meaning of helping or saving people, it will create the terrible, rotten, and forever bound relationship between spiritual leader and follower. Generally speaking, everyone thinks of helping and saving people as a beautiful thing. People view the act of helping someone in need as something beautiful. There is no problem in people saving people’s lives or helping someone currently in need, but it’s a very different case when it comes to people wanting to save people’s souls or guide people’s hearts.

Perhaps because people have existed in the energy of reliance on outer power for such a long time, they are unable to understand the very basic reasons of why it is wrong to save people’s souls or to guide people’s hearts. We are not aware of the state that we are presently in. We are unable to see that we are being controlled by our own energy; that we completely exist as an authority and

follower, a separate and discriminating existence. We are not aware of the state that we are presently in. We don't see that we live in a society full of segregation and discrimination because of manipulation by our ego. You are the one whose heart is dark, in pain, and in need of someone to save it. What does it mean for you to ignore and leave yourself like that and to go help to save and guide other people's heart?

I believe that everyone who came to these seminars during this lifetime, as well as those who are interested in books such as these, are likely to have been individuals who, in their past lives, listened to the voice of God, were considered psychic channelers, or were individuals who as spiritual leaders sought to save people's souls and guide their hearts. That is why they may feel that for some reason they are strongly attracted to the seminars, or strongly pursue attending them with the feeling that this must be it, this must be what they were searching for. Just because you have attended seminars frequently, it doesn't mean you are studying well.

I have already stated this before but the key is your intention or motive for attending the seminars. Your motive turns out to be your heart's habitual tendencies, the hurdle that hinders you from your true Self. When you reflect on your motive, you will clearly come to see the hurdle in your heart that you have worked to correct. It may appear to be dedication for someone to prioritize the seminars over everything else in their life, but this is just an appearance. You cannot define whether you are truly on the right path (the path toward truth) based on this. In any case, I think

there are many people among those who attended the seminars, as well as people who read various books of this sort who, although far from being psychic channelers, or spiritual leaders in this lifetime and environment, likely committed such terrible crimes in their past lives. And because of this, they are likely already experienced in having been at the pit of hell.

Not to mention, meeting me, Taïke, is very significant. You may misunderstand me if I express it in this way, but once you become sensitive to vibration in the true sense, you will understand the meaning of what I am saying quite well. And then, you will be able to correctly feel and understand my existence.

I sense that all of you are consciousnesses that have come desperately crawling out from the bottom of hell. I am sure there are many people who have not realized this yet, but this is what I feel. I recognize Kayo Shiokawa as one who realized this about herself, and with a strong commitment to herself, charged straight forward on her path. I am not saying to do exactly as she did; people have their own individual processes. However, it is important to make the best use of your opportunities. These opportunities do not come often. When the opportunity arrives, take it. And once you have committed to it, do not turn back. Please find and confirm this feeling in your heart through your continued reflection on your reliance on outer powers.

Reflecting on your reliance on outer powers is a joy. Through your reflection, please meet your foolish self that believes you are being productive, and yet is getting nowhere. It may not be easy to

rid your thoughts of being adored or worshipped as a religious or spiritual leader through just a little reflection, but please continue to work on this for the rest of your life.

The same goes for the follower as well. Although their stance may differ from the leader as they pray, “Save me, help me, do something. Please give the power,” the world in which both a leader and follower turn to is the same. They’ve fallen into a trap of choosing to share the same destiny. If the religious or spiritual leader sinks into a world of darkness, the followers will also be trapped in the same darkness. And so, although you may turn your heart toward me and call “Tomekichi Taike, Teacher Taike,” I will never respond. You must first come out of the darkness, one step, even a half step at a time.

Chapter 4

Steps for Correct Meditation

Step 4: Meditation of Turning Your Thoughts to
Your Mother; Meditation of Turning Your Thoughts
to Tomekichi Taike

Summary of Step 4

In early meditation on the mother, one begins by recalling the warmth of the physical mother—tenderness, peace, and trust. This warmth is essential but only a doorway. True understanding arises when one connects with the deeper energy within the heart.

Without a firm sense of this maternal warmth, dark energies from one's past may overwhelm. But when that warmth is strong, even painful energies can be released with love, becoming a source of joy. This inner transformation stems from sustained meditation on the mother.

Over time, the image of the physical mother fades, and attention naturally shifts to “Tomekichi Taike”—not as a person, but as a symbol of true consciousness. Looking into his spiritual gaze reveals the true self and evokes deep joy. The more honestly one faces their darkness, the more clearly they experience the boundless love that defines their essence.

When you first begin meditating on your thoughts toward your mother, you will first turn your heart toward your birth mother to try to feel your mother's love, but this method will not be sufficient when it comes to the point of asking, "What is mother's warmth? What is mother's love?" What you feel at the initial stage of mother's meditation is likely closer to maternal instinct. I am guessing that the gentleness you feel of your mother having bore you, the feeling of comfort and security of being in your mother's arms, and the feeling of completely depending on your mother as an infant, are all very close to maternal instinct.

However, it is still critical to spread this warmth in your heart. If your heart remains without belief in mother's warmth, one day the dark energy in your heart may suddenly surface, and you will be left with no way to respond. Once this happens, you may tell yourself that you must look at your heart, and make an attempt to reflect on your heart, but these physical attempts to suppress your energy will be completely ineffective. Your physical body will be controlled by your own energy. You will say things that you never intended to say, do things that you do not intend to do, and yet, you yourself will not even know why. This event may start with something very small. It does not really matter what the trigger is. For those who are able to think in that instant of their mother and feel their mother's warmth, they will feel love toward the dark energy in their heart that surfaces. Even if their actions are physically the same, at that moment, the quality of the energy will have already changed. It is a joy to express

the dark energy, and it is a joy to have the opportunity to express it. It will not ever remain as pain. That is the result of having continued to meditate on your mother.

You will spread that maternal instinct-like mother's warmth throughout yourself, and continue even further with your meditation. At some point, without your notice, the image of your birth mother will have disappeared. You will feel even deeper the love from your mother. At the same time your heart will start to turn toward "Tomekichi Taïke." You will feel like calling out, "Tomekichi Taïke." You will start to sense that you had been seeking "Tomekichi Taïke" in the depth of your heart. Although you felt so strongly like yelling, "Get away from me! Get out of my face! I hate looking at you!" you will find that a part of you that feels completely contrary, a part of you that had been searching, just searching for that same "Tomekichi Taïke" that you had been pushing away.

By the way, I want to make it clear here, that this "Tomekichi Taïke" does not refer to the physical person, Tomekichi Taïke. This "Tomekichi Taïke" here is more like a code or direction marker, it may be better comprehended as simply phonetic rather than a name. In other words, we are referring to the vibrations or feelings of my non-physical self, which can be emitted and felt through my physical self as "Tomekichi Taïke." But please don't get stuck on this matter too much.

This is discussed in the next chapter, but you will have an opportunity to look into my eyes during your meditation on Tomekichi Taïke. Through my eyes you will begin to see your true

Self. And it will become a joy for you to look at your Self, to reflect on your Self. You will begin to understand that it is because you have this warmth and love that you are able to face and feel your own dark energy, no matter how terrible that energy is. You should be able to sense that my eyes are directing you toward one clear direction. I sincerely hope from my heart that you will fully take the opportunity to feel the joy of looking into and meeting my eyes.

Chapter 5

Turning Your Thoughts Toward Tomekichi Taike

– My Eyes –

Summary of Chapter 5

This chapter presents meditation as a practice of “seeing with the inner eye” by gazing into the eyes of Tomekichi Taike—not physically, but inwardly through deep breathing and focused awareness. In doing so, practitioners begin to see their own inner world reflected back.

As the heart opens, long-suppressed emotions may emerge, sometimes through igo (nonsensical words), which express feelings beyond language. The essence lies not in understanding these words but in feeling their emotional truth.

Looking into Taike’s spiritual gaze can awaken deep remorse, not as guilt, but as a sacred encounter with truth. Sustained meditation helps maintain this connection. Taike responds to sincere seekers, and through this inner exchange, one may rediscover the joy and reality of the true self.

What do you see in my eyes? My eyes reflect your world. Do you see your world when in my eyes? “Please close your eyes, open your eyes behind your closed lids, and look into my eyes.” I have said this at the seminars when having people try out meditation. Most people will think to themselves that it cannot be possible to open one’s eyes behind their closed lids. However, please try it just once.

Are you ready? First, you will need to breathe once, twice, three times deeply through your diaphragm (known as tanden-breathing or deep breathing), then gently close your eyes. Next, with your eyes closed, turn your thoughts toward me, “Tomekichi Taike,” and then, consciously turn your thoughts toward your closed eyes. What do you feel? Can you feel your eyes behind your eyelids? Open those eyes behind your closed eyelids and look at me, turn your heart toward me. Depending on your condition at various times, you will feel various thoughts and feelings enter your heart.

My eyes, Taike’s eyes, always exist inside your heart. By turning your thoughts to my eyes, your true Self will surface from your heart, one layer after another. An honest you exists inside your heart. A gentle you exists inside your heart. You will start to feel many layers of your true Self through your own heart. And yes, please gradually use your voice as you look at my eyes. Many layers of yourself will come to surface through your voice. At this point, it is important to use your voice to expel the feelings that are pent

up, packed inside your heart. Let out sound. It does not matter if you do not form words but can only let out a cry. That is what you are feeling. Do not think that you must express yourself in words. Soon, you will begin to talk in gibberish. We call this a non-lingual sound or igo. You will likely naturally begin to let out igo. Please try expressing yourself through these sounds.

Allow sounds to flow from you even though you may not comprehend in your brain what you are trying to say. And to do this, you have your eyes and mouth to use. The more you look directly into my eyes, the more you will feel in your heart your own condition and existence. In other words, you will start to feel your “true” Self. “I am sorry, I have been wrong.” You will feel this welling up in your heart as you fill with tears. The feeling of what and how much you had been wrong will continue to build and echo in your heart.

I feel that people who have met my eyes in this lifetime are fortunate. You do understand now, don’t you? To encounter my eyes means to have an opportunity to see a bit of your true Self. However, while you get to view your “true” Self for a short while, your view disappears within seconds because when you open your eyes, you immediately end up paying attention to what is around you. Still, please intentionally take time in your day to continue your practice of meditation. And in your practice of meditation, please meet my eyes.

Please proceed earnestly, everyday, to meet my eyes in your meditation, even in times when you feel sad, are suffering, or

feeling down, and, of course, when you are happy. I will always answer you. I will look directly into your eyes, and give you a clear answer. Please also look directly into mine. Please look into my eyes as clearly and honestly as a newborn.

Chapter 6

Turning Your Thoughts Toward Tomekichi Taike

– My Igo –

Summary of Chapter 6

This chapter introduces igo, a nonsensical, non-grammatical language used by the author during meditation. Though it may sound like gibberish, igo conveys deep vibrations that bypass intellect and speak directly to the heart and consciousness.

The author explains that igo is not addressed to the outer person, but to the consciousness within. Understanding is not intellectual but experiential. He encourages people to respond naturally when they hear igo, letting their own inner sounds emerge without judgment.

Practicing igo alone can foster communication between one's physical and conscious self, gradually restoring inner harmony and joy. The chapter ends with a reflection by Kayo Shiohara, who experiences igo as a heartfelt rhythm of her true home—a wordless language of joy and return.

I also speak igo, non-lingual sounds. Have you meditated while listening to me speak in non-lingual words? If you try to comprehend it, it will sound only as gibberish. The igo, of course, has no grammatical structure. It is not as if there is a subject followed by a predicate. But when you listen to it with your heart, I am sure that you will understand it. Your heart, at the very least, will understand it. I have been talking to you using igo, the non-lingual sounds. I have been calling out to the many consciousnesses within you. This is something impossible to understand in your head no matter how I might try to explain it.

People who do not react to igo are really the ones who are odd or out of the norm. We human beings are our consciousnesses. Regardless of our national origin or spoken language, we have a common language that we all share. Rather than referring to it as language, perhaps it is more like sound waves or vibrations. We all have in our true hearts the ability to communicate clearly with these vibrations. It is only at the moment our ability is a little rusty.

People who find their way to uta-book web page or come to a seminar will likely have a chance to listen to me speak igo. At first, you may not understand it at all, but as you start to listen to it more often, you may come to a point in time when you feel like responding to it. It is never too late, even if it takes a number of times of listening. Please do communicate with me through igo. Many consciousnesses in your heart are waiting for you to communicate your thoughts. All you need to do is to simply allow yourself to speak

freely without hindering or obstructing it with your physical mind. Try letting your feelings flow out without getting stuck on figuring out what you are saying, and what you are responding to.

Practice is important in this study. It is important to actually experience these steps, physically, through yourself. Please deepen your study through communicating in igo with your spouse, child, parents, and friends. Of course, it can also be done alone. In fact, practicing to speak in igo alone is a key step. Please experience the joy of connecting your physical self with your consciousness by practicing igo. Please start to spread inside your heart the happiness and joy of being able to feel that your physical self and consciousness are one.

Here is Kayo Shiokawa's reaction to feeling the vibrations from my igo:

"The igo is a rhythm. To me, they are the rhythm of my home. I remember this rhythm from long ago. I react to this rhythm. I feel something so strong that I can't describe. My heart catches its joyful guidance. The rhythm calls out to me, let's go home, let's surely, surely get back to our home." We can communicate with one another through igo. Igo is our language. I believe from the depth of my heart that we are the most fortunate people to be able to listen to our language of igo through our physical selves.

Chapter 7

Turning Your Thoughts Toward Tomekichi Taike – My Finger –

Summary of Chapter 7

In this section, the author explains that his “finger,” like his eyes and nonsensical language, is a medium of vibration—not physical power. During seminars, participants often experienced intense reactions—crying, yelling, or trembling—when he pointed at them. These responses came not from mystical energy, but from the resonance of consciousness directed toward truth.

Unlike external power or “hand healing,” the author’s energy comes from alignment with one’s true nature. When consciousness responds, it often releases suppressed emotions—regret, joy, relief—as people reconnect with their inner selves.

Though outwardly chaotic, these experiences often bring a sense of liberation. The energy released is the individual’s own, once buried. The author stresses this process is not magical, but deeply internal. Only through sincere meditation and inner work, as outlined in Chapter 4, can the difference be truly understood.

My eyes and my spoken igo are both what you would call vibrations. I think you will understand this when you continue your practice, either at home or at the seminars, of meditating to look into, or imagining looking into my eyes, and to listen to my igo.

Additionally, when I point at someone with my finger, this is also a vibration. I have been working with people at the seminars using what they have come to refer to as “finger pointing.” I am sure that people who have attended seminars have had the opportunity to see others react to my finger pointing. You probably also reacted in some way as well. Each time we have practiced this in the seminar, I have asked people to “Think about what this means, and why you reacted in the way that you did.” I am sure there were many who wondered whether there was some sort of power emitting from my pointed finger, or thought suspiciously of it. There are other spiritual practices that use things such as touch or energy healing. If you look at these and my finger pointing with your physical eye, you may think they look the same, but I must clarify here that they are completely different.

However, this is something that each person can only distinguish and understand with their hearts, not something that can be explained in words. They may both be referred to as power, but I will simply leave it with the explanation that there are negative and positive powers. This does not mean, however, that power is being emitted from my finger, eyes, or from my mouth through spoken igo. In fact, thoughts like these are what keep you at the level of

thinking within the physical world.

I am directing my thoughts and heart in the right direction. The right direction means toward my true Self, the world of my real Self. In the real world of my true existence, there is no physical “Tomekichi Taïke.” Therefore, the vibrations emitted from me are positive. And positive vibration does positive work. Then, what is positive vibration? What does it mean that it does positive work? Of course, since it is positive, it means it is good, but what does “good” mean? For what purpose is the vibration good? I think the answer to this question will become the key to your study. If one strays from or misses this important key point, they will likely seek hand or energy healing powers out of their own greed and desire.

So, as a reference to answer this question, I will include the following explanation. When people look at my pointed finger, look into my eyes, or listen to my igo, their consciousnesses turn toward me. And what happens when people turn their consciousnesses toward me? People who have reacted after seeing my finger pointing will have felt that very clearly. In appearance, these people will shout, roll around on the ground, or run around, experience various changes in their movement physically, but contrary to their physical appearance, they always report on how happy they feel.

Everyone who goes through this experience seems to feel great joy brimming from one’s heart. Why do you think this is? There is nothing gentlemanly or ladylike about their behavior; they are being foul-mouthed and acting horribly. And yet, they find

that they feel happy in how they are reacting, or find themselves expressing their gratitude toward their mothers, so I am sure that it feels even strange to them. But since they themselves have experienced it first-hand, while it seems odd, there is also a part of them that understands.

I believe that while being surprised by their own reactions, people will come to understand that there is clearly something that exists that controls their physical movements, and that the “something” is coming from inside their own selves. And, while being surprised, they may notice that they have tears streaming down their faces. Many may wonder to themselves why they are crying. At another time, you may experience a boiling anguish, which then surfaces a feeling that you have been wrong and mistaken, which continues to build and grow inside you. You may have the experience of feeling this way for a while, and then as it dissipates, you may feel a warm feeling of indescribable joy suddenly saturating throughout your heart. This feeling of joy perhaps came from your heart suddenly being free. Your expression will naturally become gentle, your eyes will shine with life, and full of smile.

I stated earlier that my “finger pointing” may appear similar to, but is completely different from, hand or energy healing. Do you now understand why? With any kind of power, there is always a physical individual who acts as the emitting source. People may talk of power coming from the universe, but the problem lies in where these powers are coming from. However, this will be difficult for

most people to understand unless you individually reflect on your own heart and continue to meditate while turning your heart toward me. To understand the meaning of powers that may appear similar but are complete opposites of one another, there will be no other way but to go through the steps explained in Chapter Four. Please know that there are no other routes to get to true joy and happiness, but to commit to working hard, to seriously and earnestly turning your thoughts to this study.

Chapter 8

My name is Albert

Summary of Chapter 8

In this chapter, the author—who lived as Tomekichi Taike—shares his future incarnation as “Albert,” to be born 250 years from now in the United States. While names and forms are secondary, he explains that this future lifetime marks the final phase of the three-dimensional world—a time of global collapse meant to catalyze spiritual awakening.

Rather than resisting this collapse, he urges readers to see it as an opportunity to rediscover their true nature as consciousness. In that future, Albert will also endure hardships but awaken more quickly, aided by a strong spiritual companion. Together, they will reach out to others not through seminars, but via direct heart-to-heart communication, accelerated by natural disasters.

For those who doubt this vision, the author emphasizes that true understanding comes from sincere inner work. As we release our fixation on the physical and open our hearts, we awaken to eternal life and joy. He closes with a message of gratitude: “I am consciousness. My essence is joy. I am eternal life.”

My name in my current lifetime is Tomekichi Taike. I was born as Japanese and male. With this physical identity, I have been doing my work. And, in the future, I will have another physical identity.

Currently, it is being said that I will be reborn two hundred fifty years from now. My name will be Albert and my birthplace will be in the United States. The truth is, none of this information is very important. However, I am certain that I will be born again into another life, and will have the opportunity to see through the message that I have been spreading in my current lifetime.

In short, our third dimension will end in two hundred fifty years. During this period conditions will be extremely harsh. To explain at the physical level, we are going to have some very difficult times. Everything will fall apart. However, I have always continued to say that to “fall apart” is joy. In a time when our lives are threatened and endangered as the world falls apart, we will start on a path of deep reflection of our true existence. I, Albert, will be assisting with this process. I am a manifestation of all of the souls and thoughts in the entire Universe.

As an individual person, I too will have difficulties in my future life, but the period of difficulty in my life will be short. In time, I will come to a realization about myself. This realization took quite a bit of time in my current life. However, like everyone else in this study, I had my own lessons during this lifetime from which to learn. In my next life, my realization to the truth will be much quicker. I will have a strong friend who will be with me from the very beginning.

With this friend, I will call out to the existence of everyone's consciousnesses. I have shown a sample of this during the seminars during my lifetime.

We are set to meet together in America, and to spread the truth. The experience of meeting one another will be impacting. Through this encounter, we will begin to communicate to one another's hearts. Through this communication, we will realize "true" Selves. This realization will happen quickly. This realization will spread rapidly around the world. And we will learn together of a purer world of consciousness, at a higher level of learning.

People's hearts will be hardened with pain. They will be completely ruined. They will reach a point of limit for everything. And in this environment, most of the people who have attended the seminars in this lifetime will be reborn. Of course, their hearts will be at the point of complete exhaustion as will everyone else's. No matter how wealthy or powerful, the wealth will not last. No matter how high one's level of education or how much one prays for power, what needs to be destroyed will be. The message will call out directly to the hearts of those people gathered together after experiencing these events.

In two hundred fifty years, we will not have seminars as we do now. But, the truth will spread incredibly fast. It will spread from one person to another very quickly. The storms of natural disaster throughout the world will cause the speed to accelerate.

Some may question how an individual named Albert, who will exist in two hundred fifty years, can communicate with us today.

But if you follow the steps outlined earlier, those questions should disappear. It is only because presently you are trapped within your physical environment of believing in what you see immediately in front of you. I promise that if you, at some point, are able to loosen the tightly bound trap that you have put yourself into, you will be able to sense in your heart a completely different world and reality than the one in which you currently live. Once this happens, I believe you will begin to be able to feel things such as true joy and true happiness.

And, moreover, you will be able to sense your future. I believe you will become able to see yourself beyond a finite definition of time, as within an infinite span of time. It will give you a feeling of happiness beyond words.

“I am my consciousness. My true Self was joy. I was not an existence that dies and disappears, but a life that exists infinitely. After such a long period of time, I finally met my true form, and found the path that leads deep into finding my true Self. I give thanks from my heart to the many consciousnesses that directed me to ‘the flow of consciousness.’ I thank you from deep in my heart.”

From my heart I look forward for these feelings to come welling up inside your heart.

Chapter 9

Reincarnation

Summary of Chapter 9

Reincarnation exists whether one believes in it or not. Each birth is consciousness taking on form, and each death is its release. This cycle offers the sole opportunity for self-correction, yet humanity has repeatedly failed, deepening inner distortions instead of healing them.

Even revered figures have not truly encountered their essence as consciousness, remaining bound to the physical and thus to darkness. This lifetime, however, offers a rare turning point: the chance to break the mistaken cycle and rediscover true joy within.

Such realization requires sincere and patient inner work. Rather than viewing reincarnation as mere suffering, it can be seen as a journey that led us to this moment of awakening.

There are people who believe in reincarnation and others who do not, but it does exist. Human beings reincarnate, existing through continuous cycles of being born, living, and dying. Of course, no matter how many times we have reincarnated, the essence of humans never changes. This essence is their consciousness.

When a consciousness obtains a physical body, this is commonly known as birth. And leaving the body behind is known as death. The only difference between life and death is whether or not one has a physical body. Of course, having a physical body or being born has an important meaning. This is because having a physical body is the only opportunity one has to correct oneself. The history of reincarnation is that people are continuously reborn for a chance to correct themselves, but have resulted in not only failing to correct themselves, but creating more wounds and mistakes.

At this point our reincarnation has been a continuous cycle of failure. We have stacked our failed results sky high. Even if one had made a name for one's self, left his or her mark on history, the world to which they returned after leaving their body was always a dark one. No human being that existed in the past has ever discovered their true Self within the timeframe of having a physical body to the time of leaving it. Even with rigorous spiritual training, even with meditating throughout the day as well as throughout our lives, we were unable to find and learn about the truth. We were never able to meet our true Selves.

Why is it that I can say this with such certainty? I can, because I

am basing my foundation in the invisible world, which is the true world. I am certain because the basis of my belief is not in the physical world. Regardless of whether someone is a well-known monk, priest, or considered enlightened, I do not look at them as their physical identities, but turn my thoughts toward the condition of their consciousness. If I feel a person's world or condition of their consciousness, the answers come to me very easily. Even those who believe in rebirth after death, and even those who sensed this in their hearts, never reached the point of knowing that their lives were infinite and eternal, and that their infinite selves were their true Selves.

We only repeat the cycle of being born, and then leave our bodies—at various times we believed that we had found what must be the truth, and yet never even nearing the core of our identities. All those numerous lives are all you, one and the same. You have been born in various eras, locations, and with a variety of physical identities, but, internally, you were always the same. You result in wrapping your false, superficial identities around your true Self, your core, with each reincarnation, or new life.

I am communicating to you in this life; please discard those superficial selves that you have layered around yourself. I have been communicating to you that “it is your job in your life to unravel and discard those false selves. I have been urging you to, please, stop wrapping more layers around yourself.” Our time within our physical selves has a limit. I believe I have spent all of my energy trying to communicate to people what it is they must prioritize and do

within their limited time. I have only the wish for people to realize how joyful it is to find one's true Self during one's limited physical lifetime, and to be able to revive that happiness in themselves.

Of course, in order to find one's true existence, you must follow the steps outlined earlier and be earnest and sincere without feeling rushed, without giving up.

"Please use this lifetime to study and learn from the mistakes you've made through your various past reincarnations. We are being given this opportunity to meet in this life for the purpose of you to learn." Can you feel this message in your heart?

In this message, what and who do you think is being referred to by meeting together in this lifetime?

Because Kayo Shiokawa felt the joy of finally reaching her true Self, I felt her heart say "Human beings have all been living in a cycle of mistakes. We need to get out of that cycle. Because we've been in a cycle of mistakes, our reincarnations become painful. And, we come to believe that finding a way to escape from that pain will be our road to happiness, further repeating the same mistake. Certainly, those innumerable reincarnations that have been cycles of mistakes were a continuum of failures. However, from the very moment you leap out from that cycle, those failed reincarnations become something positive. Those innumerable reincarnations were a joy. It is because of those reincarnations that I've been able to connect myself to who I am today."

Chapter 10

Go Straight Toward the Path To Happiness

Summary of Chapter 10

The author asserts that true happiness begins by receiving the message entrusted by one's true self: to awaken as consciousness. This process, called jiko-kuyō or "self-memorial," involves cleansing the distortions accumulated over many lifetimes—not worshipping ancestors, but liberating oneself.

People often seek happiness externally, but only a 180-degree shift—from valuing form to valuing what's felt in the heart—can lead to joy. The body is essential for this awakening, yet must not become the center of one's existence. Realizing life's true purpose allows us to shift from illusion to joy with sincerity and resolve.

I said earlier that the first gate to a life of joy and happiness is being able to correctly and accurately receive the message that you send to yourself. By now I am sure that you are aware of what that message is: Meet your true Self and find your true existence. I have also given you the steps on how to receive and respond to this message correctly.

These processes are cleaning the dirt that stained over the numerous cycles of reincarnation. In my own words, I have referred to this process as “self-salvation.” I have said that the purpose of being born in this world, of having received a physical body from our mothers, or, in short, our purpose of life has been for this “self-salvation.”

“Self-salvation” is a term I created and does not exist in the dictionary. Ancestral salvation is a term that may sound similar and is a common term in Japan. Ancestral salvation has been a practice since ancient times, with the purpose of respecting and caring for one’s ancestors; asking for one’s own happiness and prosperity; or asking for familial prosperity. Despite it being practiced less today, when something bad happens to the family, there are still many who will immediately listen if told that their misfortune is due to their ancestral spirits being at unease, and that they must make amends to give them peace.

This may be common practice in Japanese society. But what I have been saying is before you try to save your ancestors, first save yourself. You are the one whose spirit is at unease and not at peace.

Even those who are warily suspicious of ancestral worship, may still spend a lot of money on a psychic reading, or look expectantly toward food or drink or strength and power that promises to cure a health problem or illness. Why is it that even though you may think that you could never be tricked into something so ridiculous, there continues to be so many incidences of people being easily fooled?

If people misunderstand their purpose in life or the reason they were born, then they do not know how to find happiness, so they go from one thing to another, gathering information, trying to figure out the answer. As a result, they end up seeking outward, outside of themselves for that answer. They seek outward to find the cause of their unhappiness, and then seek outward again for a solution. This may sound extreme, but if one could really become truly happy, feel joy, and have a peaceful life, it would be fine to spend as much money as needed for that. But you must know that there is not a single chance that this could ever happen. I would like people to realize this in their hearts. I want you to be clear that without knowing your true purpose in life, you will never, ever, be able to find happiness. The reason for this is because we are consciousnesses. It is because our true Selves are our consciousnesses, not our physical bodies.

We will have to learn that even if our physical bodies are healthy, our families well, and our society and companies successful, that all of these things can crumble and disappear within a second. The time we arranged to have our physical bodies was not for our physical bodies themselves. But obviously, most people who believe that their

physical body is their true form will plan their life goals centered on their physical selves. The meaning of one's life becomes completely different depending on whether one believes in their physical self and world, or centers their life on the world of their consciousness, putting their time and energy toward repairing themselves internally. I think it will become clearly evident within the future, which among these two will be the path toward happiness. In fact, there have been signs of this already.

With the occurrence of various events in society, with each sudden incident, the ugliness, awfulness, and foolishness of people's hearts have surfaced. No matter how much we try to look for happiness and joy in the physical world, that physical world will end up collapsing and crumbling. Simultaneously, the ecology and nature will change its form as well. Through these various forms, we will come to believe the change through sight, sound, and our entire body. I believe that we will finally come to realize that we had been moving forward on a path right into hell through the experience of seeing the collapse of the happiness and joy that we believed in.

I will clearly state here that the direct path to happiness is to make a 180-degree turn in your thoughts from believing in the physical world and physical form, to believing in the world that can be felt with the heart. The path to happiness is for each of us to meet our true Selves. There is no other way.

Whether it is sooner or later the time will eventually come when you will be asked whether you will choose to continue on your current path toward hell, or change your direction to the path toward

happiness. The path to hell is one that suddenly becomes even harsher and more painful from the moment you feel happiness and joy. You can feel happiness and joy in hell as well. It is an unsure and superficial happiness, but for a short moment, you may indeed be happy and feel joyful. However, that happiness never lasts long. And because it is short-lived, people seek the next thing that will make them happy. It is okay if people are able to obtain the happiness they pursue, but this is not what often happens. When they fail to obtain what they wanted for their happiness, people have feelings of dissatisfaction and attack. These feelings are definitely not feelings of happiness. If so, they will wonder, what was the happiness and joy I felt earlier? They will likely end up confused, wondering what the happiness and joy they clearly felt earlier had been. They end up unsure of whether they are really happy and joyful or not. If you think that you do not mind this temporary gratification, and you that temporary happiness and joy is your life's goal, then please do continue on with your life in that way. I think that you will eventually learn from your own experience that even though the result of your hard work may appear to have created changes for you, if you have not changed yet in your heart, the core decay remains without change, and will begin new decay from that same area.

Of course, dealing with your daily life is important. Your physical body is important. Your physical body is the tool to assist you to meet your true Self. If you didn't have your physical self, you wouldn't be able to find the truth, because the world of your consciousness is at a state of being drowned in darkness. Please be aware of this and work

on maintaining a good rhythm for your every day life. As long as you have a strong affirmation of what you really need to do while in your physical body, and moreover, because you come to realize that this is important for you to do, the routine of your daily life will naturally come together.

In order to know the truth, you must first have a physical body. If I may say more, you must have a certain level of stability in your life to do meditation or reflect on your heart productively. Stability in one's physical life includes financial, health, and relationships with the people around you. However, it does not mean that you can deepen your study of the world of truth just because your physical life has a high level of stability and security. In fact, once one's physical life becomes stable, it is most likely that one will end up living their life peacefully. And if you are just living in the comfort of your stability, what exactly is the point of your life?

Having a physical body is essential for looking at one's heart, but the difficulty in seeking the world of truth is that if your life is very stable, you become too absorbed in the physical world, and if your life is too unstable, you have no way to get around to looking at your heart. There is a limit to the time you have to deepen your study of, or widen your world of, consciousness in your heart. If you miss your opportunity, it becomes difficult, even though you may have the desire and intention to do so. As everything has its time, I think that the world of consciousness also has its window of opportunity.

Of course, you can always adjust your route at anytime. Once you realize that the purpose of your life is to correct the world of

your consciousness, or “self-salvation,” all you need to do is simply continue forward from that point on. Because we must correct a path that we have been on that was going straight toward hell, it cannot be denied that this needs strong determination, physical strength, and energy. This is also why I say that your time is limited, and that if you miss your opportunity it will be difficult.

Please learn through your daily life the difference between understanding it intellectually and understanding it in your heart. And please know that you yourself have planned to have the chance to learn this. And please go straight ahead on the path to happiness. I am looking forward and waiting for you from my heart.

Chapter 11

Let's expand our thoughts to “Mother Universe” through proper meditation

Summary of Chapter 11

The “Mother Universe” is not a deity but a metaphor for our true origin—eternally connected to the warmth of the mother. As one follows proper meditation practices, the realization that “we are the universe” naturally arises from the heart, not the intellect.

However, the author cautions against prematurely focusing on cosmic concepts without first reflecting sincerely on one's reliance on external powers. True connection to the universe comes only through deep self-awareness and remembrance of maternal warmth.

Future upheavals, including natural disasters, are not punishments but loving prompts from our consciousness to return to our true path. These trials are part of a greater plan to awaken us to our essence.

Please do not get stuck on the term “Mother, The Universe” I am just using the term “Universe” to describe a world connected with mother’s warmth. Please understand for now that “Mother, The Universe” is where we need to return to, our home.

If you practice steps one through four exactly as instructed, you will eventually start to set a course for your direction. The direction in which your heart is turned will slowly become corrected. As a result of this, there will be a feeling that starts to echo in your heart. To put that feeling into words, this feeling will be “Universe.” We and The Universe cannot be separated. It is because we are The Universe. I would think that the statement “We are The Universe” would sound odd to most people. I would think that there are many people at this point who do not quite understand it, but please don’t be too concerned about this for now.

If you start to turn in the correct direction that I point you to and have a feeling that wells up from the bottom of your heart that you want to change your life in the real meaning of that word, you will start to feel the word, or rather, the feeling of The Universe. It is sure to happen. And when you start to turn in that direction, the words “We are The Universe” will naturally sound in your heart. You cannot understand the truth unless you feel The Universe, when you come to feel the truth, you will feel The Universe without effort. It will come into your heart, and you will feel, “I am The Universe. I am Albert.”

This is not something special or extraordinary. Our true selves

are immense and vast. We were the ones who mistakenly distorted this on our own. This is what I came here to tell you, being born into a physical body at this moment of time. I came here to tell those consciousnesses that believe in their physical selves, those consciousnesses that have been seeking power under their belief in the physical world and in their physical form, that they are mistaken, and to tell them to turn themselves toward the correct direction.

But also, at the same time, I have been repeatedly telling people of the danger of turning one's heart toward The Universe without having worked on reflecting on having sought outer powers. This is especially true since there will be no seminars from here on. I am a little concerned over this, but the flow of consciousness is fluid and flows out toward The Universe without ever stopping, so I will have to leave this to each individual to work on.

There will be unimaginable occurrences that happen in The Universe, the earth being included, and events beyond understanding by humans, who have prided themselves on their intellect. There will be natural disasters, but at a level not even comparable with ones that we have had anywhere on earth. The energy of natural disaster that destroys physical forms is enormous. If you think of this energy based on your belief in the material world, this can only be viewed as negative, but if you think of it based on the direction of the truth, it is a great joy. This is because it is a manifestation of the feeling to let all return home to the truth together.

I would like you to find and meet your numerous selves that have made mistakes in your past, feel the endless joy from realizing

these numerous past mistakes, and start to walk together with your past selves and mistakes in the direction of the truth. Please meet your true Self (Universe) by continuing to practice meditation on your mother. The path to return to our true Selves (Universe) is our true life-path. I would like to strongly reiterate that you could never become happy by living in a way that strays from your true path, choosing to exist in a way that is away from that path.

What does it mean to walk along the true path, to live the true path? Am I not currently living my true life? Answer to these questions will come to you with certainty in your time from now into your future. That is what will take place in the next two hundred fifty to three hundred years. There will definitely be natural disasters within that time. It is our plan that through the natural disasters, we will begin to answer these questions for ourselves. I am hoping that many people will come to realize that it is the biggest, limitless, most gentle love toward ourselves to have planned such a harsh scenario so that we will—not save our physical selves or hearts—but realize our true Selves.

Chapter 12

Once Again, I am Tomekichi Taike

Summary of Chapter 12

In this final chapter, Tomekichi Taike expresses heartfelt gratitude to all who encountered his teachings and urges them to continue walking the path of true happiness. He acknowledges the challenges of transforming one's inner orientation, shaped by lifetimes of mistaken beliefs, but insists that sincere commitment will lead to self-realization.

He recalls the joy of leading seminars but now entrusts each individual to follow the flow of consciousness on their own. Even the surfacing of inner darkness is a joyful sign of awakening. Whether alive or dead, Taike affirms his essence is joy—and so is yours. His hope is that after his passing, many will truly begin to walk the path of happiness, expanding the circle of companions in joy.

I thank you from my heart my dear friends who met me in this lifetime, came and studied along with the seminars, as well as those friends who, unfortunately, I did not have an opportunity to physically meet, but visited the world of truth through books or through the website. I truly thank you from my heart.

It is my joy to have as many people as possible walk along this direct path to happiness, to have at least one more person just simply walk along the path, and to feel the thoughts of many people who feel in their hearts to say, “Mr. Taike, we as a couple, my family, my friends, we are all presently happy.” This is my only desire. I believe that I have tried with sincerity to convey to people the route for everyone to become happy as best as I could. There may have also been areas that could have used more explanation. However, my thoughts always were in one direction. My tone naturally becomes more serious, but what I want to say is that I have never had any other intentions or desires for this study. For me, even if someone had been turned in the complete opposite direction until just yesterday, if they were to decide to make an effort to work hard, telling themselves seriously to turn in the direction that they themselves have been wishing to turn toward, even if that were to start only today, or even just now, that alone would make me happy. To set that true direction within you will take a strong determination. This is why I have been telling you to do this study as if “your life is on the line.” Do you think this is as easy as it sounds?

I apologize for mentioning the seminars again here, but the time

I spent in those seminars together with everyone was a time and place of great joy to me. And, personally, to tell you the truth, I would love to continue holding the seminars until the end of my life because it brings me great joy to see everyone's smiles of joy. But, we cannot continue in the same manner forever. I hold these seminars as if it were a matter of life and death for me. And I also came with the thought that as long as I am holding the seminars, I would like to be able to study with everyone in good health. I never suffered from the physical thought of wishing for people to understand the study, but my honest impression was that it really is a hard study for people to understand. Habits of the heart, those thoughts of relying on outer powers that have accumulated over countless numbers of reincarnations over several hundred million years, still exist in everyone's hearts as a terrible and tremendous energy.

I do not expect these things to change dramatically over the course of just a few years. And this lifetime has its own significance as well. There is great significance to our time limit of three hundred years from now to work on this. Please remember in your heart and use your time well from now onward. Follow your own course so that your path will merge with this flow.

Fortunately, with UTA Book publishing these books, I have had the opportunity to hold some seminars directed to newcomers who recently joined the study. Although it may not have been ample, I believe that the recent seminars have provided an opportunity for these people to learn and feel the object and direction of the study. I hope they follow this by reading the books thoroughly and practicing

daily the actual steps of the study on their own.

If people really desire to change themselves, if they truthfully have the intention to go back and reflect on themselves from their hearts, these feelings will without a doubt materialize. Please use that materialization to seriously and sincerely acknowledge the feelings that come from your heart. Any and all feelings that come from your heart are greatly welcomed. It is a great joy to have these feelings that exist in your heart from past mistakes come rushing out. Please welcome those dark energies that are a part of you with joy and open your arms.

At this moment, I am happy both at the physical and consciousness levels. I would be content if I were to die at any time. To me, both life and death are all a joy. I know my true Self. At the moment my true Self has a physical body called Tomekichi Taike. It would not matter what my name had been, only that there was an importance to my having been born, and having had a physical body. This is what I communicate to you.

It will not be possible for you to understand me from a physical level. You will probably have to stand where I am standing in order to understand the main point of what I am saying. However, in this lifetime, with the realization of our consciousnesses, we are already starting to walk on the path to happiness, one step at a time. It is okay if it does not happen until after I die. My hope is that you will be able to tell me from the bottom of your heart, "Thank you, I have, we have, just started to walk on the path toward happiness. From here on, I will be true to myself by continuing to walk, one

step at a time, without rushing, and without giving up.”

My true essence is joy. And, I also believe that my physical self, Tomekichi Taïke, is truly a very happy person. There can be nothing better than expanding the circle of people who walk this path toward happiness. Please go on to meet your Self who exists in happiness.

The Flow of Consciousness Part II

Afterword

Summary of Afterword

In this final afterword, the author reiterates the book's central message: "In the end, it all comes down to meditation," and "Let us practice correct meditation." For those who have genuinely practiced turning inward and observing their hearts, this conclusion feels natural and affirming.

He acknowledges that certain aspects—like seeing his "eyes" or "finger"—may be difficult to understand for those who never met him in person. However, resources like the UTA Book website, where one can listen to his igo (nonverbal heart-language), offer a valuable entry point for anyone seeking deeper understanding.

The author invites readers who feel drawn to this path to attend a UTA Kai seminar, where learning through shared experience can offer insights that go beyond words. He also offers a warning: humanity is approaching a period of unprecedented change. The signs are already visible, but far greater transformation lies ahead—forcing us to face the essence of who we are. Yet these trials are not punishments but opportunities to awaken and return to our true nature. This process, he explains, is what he calls "the flow of consciousness." His closing hope is that many will begin to sense this flow in their own hearts during this lifetime.

I have communicated on the themes “the last step is meditation” and “let’s practice correct meditation.” How did you feel about these themes? If you have continuously practiced to look at your heart, the themes “the last step is meditation” and “let’s practice correct meditation” should probably be something that you understand and agree with.

I feel a little concerned for some regarding the instructions in this book that direct you to practice looking into my eyes, or to look at my pointed finger. For these two points, it’s unfortunate for people who will not be able to do this because they have never met me, Tomekichi Taike. However, those who have not met me in person can still listen to my igo, accessible through UTA Books company webpage. But please first read Part I of this book, and if you feel that you would like to meet me, then please attend a UTA group seminar. There is so much more that can be learned by seeing for yourself rather than hearing from others. It would be wonderful if you were able to study along with everyone else in the seminar Universe.

I wrote this also in the main body of this book, that we, the human race, would experience terrible times from now into the future. There are also incidences happening in various areas of the world, but these are still minor incidences to what will occur in the future. We, the human race, are currently in a flow where we will pass through terrible times in order to finally realize that we’d been mistaken. Whether we want to or not, this flow will reach our eyes

and ears, and will hit us directly, straight into our hearts. We will put ourselves in a position of destroying the core of what we know as our existence, and from there our human race will revive back to our true and original nature.

This is what I am communicating to you in *The Flow of Consciousness*. Please, I wish that this lifetime is one in which even more people will understand and learn and begin to sense in their own heart *The Flow of Consciousness*. I hope for this from my heart.